

Health & Well-Being Resources for MSU Community Members

For Undergraduate & Graduate Students

Division of Student Affairs & Services: <http://student.affairs.msu.edu>

Office of Cultural & Academic Transitions (OCAT) (339 Student Services Building): <http://ocat.msu.edu/>
Council of Racial & Ethnic Students (CORES)

American Indian Community & North American Indigenous Student Organization (NAISO) Programming: <http://ocat.msu.edu/contact-us/american-indian-celebrations>

Asian, Pacific Islander, & Desi American (APIDA) Community & Asian Pacific American Student Organization (APASO) Programming: <http://ocat.msu.edu/asian-am-cultural-programming>

Black/African American Community & Black Student Alliance (BSA) Programming: <http://ocat.msu.edu/contact-us/black-cultural-programming>

Latinx Initiatives Community & Culturas de las Razas Unidas (CRU) Programming: <http://ocat.msu.edu/contact-us/latinx-heritage-awareness-events>

Council of Progressive Students (COPS): Arab Cultural Society; Campus Interfaith Council; Council of Students with Disabilities; International Student Association; Jewish Student Union; Muslim Students' Association; Student Veterans of America; The Alliance of Queer and Ally Students; & Women's Council
Maximizing Academic Growth in College (MAGIC) Student Transition Program

Graduate Student Life & Wellness: <https://grad.msu.edu/wellness>

comprehensive health & wellness programming for graduate/professional students

preventive education through outreaches & workshops

wellness coaching & consultations

leadership development opportunities through The Leadership Institute

Lesbian, Bisexual, Gay, & Transgender Resource Center (302 Student Services Building): <https://lbgtrc.msu.edu>

queer and trans student support & advocacy

social & educational programming on gender & sexuality

lounge, student art gallery, & library

institutional & curricular consultation & community education

Migrant Student Services: <https://mss.msu.edu>

Identification & Recruitment (ID&R) Center: <https://mss.msu.edu/identification/index.html>

College Assistant Migrant Program (CAMP) Scholars Initiative: <https://mss.msu.edu/camp/index.html>

National Migrant Scholars Internship (NMSI) Initiative: <https://mss.msu.edu/nmsi/index.html>

Multi-Racial Unity Living Experience—Intercultural Aide Program (mruleICA) at Mosaic: <https://mosaic.msu.edu>

Mosaic is MSU's Multicultural Unity Center (2nd floor of MSU Union): <https://mosaic.msu.edu/about/index.html>

the mruleICA program: <https://mosaic.msu.edu/The%20mruleICA%20Program/index.html>

Parents Resource Center: <http://studentparents.msu.edu>

Resource Center for Persons with Disabilities: <https://www.rcpd.msu.edu>

awareness & training

disability services

TRiO Student Support Services Program via the Office of Supportive Services (OSS):

<https://nssc.msu.edu/programs/triossprogram/index.html>

OSS is a multifaceted holistic initiative designed to address the needs of TRiO students: first-generation students; income eligible students; students with disabilities; &/or students who meet other priority participant criteria

Veterans Resource Center: <http://veterans.msu.edu>

Women's Student Services: <https://wss.msu.edu>

Student Health Services (SHS): <https://olin.msu.edu/>

provides outpatient medical services to all MSU students & their spouse/domestic partner

health care services are available year-round at Olin Health Center: Primary Care; Women's Health; Allergy & Immunization Clinic; Physical Therapy; Laboratory & X-ray; & Massage & Reflexology

students are encouraged to secure health insurance coverage

MSU will subsidize the first 3 medical office visits each year to SHS for students registered for MSU classes laboratory, x-ray, physical therapy, & medical/surgical procedures—as well as the 4th & subsequent visits—will incur a charge

MSU will first bill insurance companies & then bill the patient for charges not paid for by insurance

students should contact their insurance company to find out what services will & will not be covered at SHS

Courtesy Van (517-353-4700) provides transportation to & from Olin Health Center for medical care to patients who—because of their illness or injury—have difficulty getting around

Pharmacy Delivery Service: <https://pharmacy.msu.edu>

24-Hour Phone Information Nurse (517-353-5557) is available to help make health-related decisions when:

(a) a student is not sure whether symptoms require medical attention &

(b) it is after business hours & a student does not know whether to go to Urgent Care or the Emergency Room, or if symptoms can be treated the next day in a doctor's office

Health Promotion Services: <https://healthpromotion.msu.edu/index.html>

Alcohol & Other Drugs (AOD) Program: <https://healthpromotion.msu.edu/alcohol-drugs/index.html>

Collegiate Recovery Community: <https://healthpromotion.msu.edu/recovery>

Nutrition Program: <https://healthpromotion.msu.edu/nutrition/index.html>

Sexual Wellness Program: <https://healthpromotion.msu.edu/sexual-wellness/index.html>

SPARTANfit Fitness & Wellness Program: <https://healthpromotion.msu.edu/fitness/index.html>

Counseling & Psychiatric Services (CAPS): <https://caps.msu.edu>

CAPS offers registered MSU students assistance for a wide range of concerns, including depression, anxiety, homesickness, issues with adjustment, acculturation, or relationships, racial identity & LBGTQ concerns, trauma, eating or body image, & other personal mental health issues

free confidential counseling services include:

- initial screenings to connect each student to the most appropriate level of care
- time-limited individual & couples counseling
- group counseling & intensive clinical services;
- support with clinical coordination & referral

psychiatric services are available free for the first 3 visits as a registered student; the 4th and subsequent visits are billed to insurance

these psychiatric services include:

- collaborative care in evaluation & treatment
- medication management
- support with clinical coordination, insurance, & referral

CAPS Crisis Line (24/7/365): 517-355-8270 (prompt "1")

CAPS Connect (brief, confidential consultations with CAPS staff): <https://caps.msu.edu/services/CAPSConnect.html>

Virtual Care Kit: https://caps.msu.edu/assets/pdfs/MSU_CAPS_virtual_care_kit.pdf

full list of CAPS services: <https://caps.msu.edu/services/index.html>

identifying & assisting students in distress: <https://caps.msu.edu/faculty-staff/students-in-distress.html>

Group Counseling (Support Groups): <https://caps.msu.edu/services/groups/index.html>

Center for Survivors (207 Student Services Building): <https://centerforsurvivors.msu.edu>

formerly the Sexual Assault Program

provides free & confidential individual & group therapy services to MSU student survivors of sexual assault & child sexual abuse

Advocacy Services staff interact confidentially with survivors to provide resources, support, & information about reporting options

advocates are available to accompany survivors to police interviews, Office of Institutional Equity (OIE)

interviews, personal protection order (PPO) hearings, meetings with the Prosecuting Attorney, or MSU-based programs such as RCPD or academic units

Sexual Assault Crisis Line (24/7/365): 517-372-6666

Crisis Chat (staffed by Sexual Assault Crisis Intervention trained volunteers from 10:00a-10:00p EST 7 days a week):

<https://centerforsurvivors.msu.edu/crisis-chat>

Sexual Assault Healthcare Program: <https://centerforsurvivors.msu.edu/msu-sexual-assault-healthcare-program>

Sexual Assault Nurse Examiner (SANE) at MSU

will likely be hired within the Sexual Assault Healthcare Program by the end of November 2020

provides free coordinated, timely, comprehensive, & compassionate care to pediatric & adult victims of sexual assault 24 hours a day

Sexual Assault Response Team (SART)

MSU's SART Coordinator is Kathleen Miller

aligns advocacy, medical, legal, & educational services for survivors & ensures trauma-informed practices across service sectors

Report an Incident of Relationship Violence or Sexual Misconduct (RVSM)

Office of Institutional Equity: <https://oie.msu.edu/file-a-report/index.html>

MSU Police: <http://police.msu.edu/contact/report-a-crime/>

Safe Place Relationship Violence & Stalking Program: <http://safeplace.msu.edu>

provides free & confidential advocacy, shelter, counseling, support groups, safety planning, information & referrals to survivors of violence & their minor children

How to Restrict Your MSU Directory Information: <https://reg.msu.edu/ROInfo/Notices/PrivacyGuidelines.aspx>

Department of Student Life: <https://studentlife.msu.edu>

Spartan Safety Kit distribution (at 150 Student Services Building)

over 900 Registered Student Organizations (RSOs): <https://studentlife.msu.edu/rso-s/index.html>

off-campus housing services: <https://studentlife.msu.edu/housing/index.html>

Student Food Bank: <https://foodbank.msu.edu/>

serves currently registered MSU students who do not have an RHS meal plan & who are experiencing food insecurity

provides free supplemental food & related necessities 12 months a year

food is distributed biweekly on Wednesdays from 5:30p-7:30p at the Olin Health Center cafeteria

Office for International Students & Scholars (OISS): <https://oiss.isp.msu.edu>

health & wellness overview: <https://oiss.isp.msu.edu/health-wellness-and-safety/health-and-wellness-overview>

US healthcare & insurance: <https://oiss.isp.msu.edu/health-wellness-and-safety/us-health-care-insurance>

COVID-19 information: OISS: <https://oiss.isp.msu.edu/health-wellness-and-safety/covid-19-information/>

For Employees

Employee Assistance Program (EAP): <https://eap.msu.edu>

EAP is a confidential short-term counseling & referral service that is free to MSU faculty, staff, graduate students, retirees, & their insurance eligible dependents who are located within the state of Michigan employees are eligible for several sessions for assessment, short-term counseling, & referral for issues that require ongoing care

EAP Resources: <https://eap.msu.edu/resources>

EAP Resource Guide: <https://eap.msu.edu/files/attachment/132/original/Resource%20Guide%20-%203.27.2020.pdf>

Health4U Program: <https://health4u.msu.edu/>

provides health & wellness expertise via classes, coaching, counseling, & online services in:

Alcohol, Nicotine, & Drug Information (ANDI): <https://health4u.msu.edu/andi>

Emotional Wellness: <https://health4u.msu.edu/wellness>

Food & Nutrition: <https://health4u.msu.edu/food>

Movement, Exercise, & Fitness (MSU Moves): <https://health4u.msu.edu/msu-moves>

Health Literacy (My Health): <https://health4u.msu.edu/health>

Work Life Office: <https://worklife.msu.edu>

provides a wide range of resources for managing ongoing challenges in our work & personal lives

family resources: <https://worklife.msu.edu/family-care>

career resources: <https://worklife.msu.edu/career-transitions>

workplace resources: <https://worklife.msu.edu/workplace-assistance>

community resources: <https://worklife.msu.edu/relocation-community/community-connections>

webinars: <https://worklife.msu.edu/webinars>

schedule a consultation, request a workshop, or seek additional information: <https://worklife.msu.edu/contact>

Emergency Leave Options (available thru 12/31/2020) Provided Via the Families First Coronavirus Response Act: <https://hr.msu.edu/time-off-leave/ffcra.html>

Emergency Family & Medical Leave Act (EFMLA)

The federal government has expanded this option to provide up to 12 weeks of partially paid coronavirus-related family leave

eligible employees may take this leave if they are unable to work or telework due to the need to care for a minor child whose school or daycare is closed, or daycare is unavailable, due to COVID-19;

Emergency Paid Sick Leave (EPSL) provides eligible employees up to 80 hours of fully or partially paid leave for the following reasons:

you are subject to a government-ordered quarantine or isolation order related to COVID-19,

you have been advised by a health care provider to self-quarantine due to concerns related to COVID-19,

you are experiencing COVID-19 symptoms & is seeking medical diagnosis,

you are caring for an individual who is subject to a government-ordered quarantine or a health care provider's recommendation to self-quarantine,

you are caring for a child whose school or place of care has been closed due to COVID-19, or

you are "experiencing any other substantially similar condition specified by the Secretary of Health & Human Services in consultation with the Secretary of the Treasury & the Secretary of Labor"

Additional Local, State, & National Relationship & Sexual Violence Resources

Lansing Metro Area Resources

Sexual Assault Nurse Examiner (SANE) at Sparrow Hospital: <http://www.sparrow.org/sane>
provides free coordinated, timely, comprehensive, & compassionate care to pediatric & adult victims of sexual assault 24 hours a day

End Violent Encounters (Lansing): <http://www.eveinc.org>
provides comprehensive supportive services such as advocacy, medical advocacy, counseling, crisis intervention, children's programs & community education to survivors of many forms of violence including domestic, sexual, stalking, & elder abuse
24-Hour Call Line: 517-372-5572

Women's Center of Greater Lansing: <http://www.womenscenterofgreaterlansing.org>
help women develop intellectual, social, economic, & emotional strength by focusing on each client's physical health & mental well-being

Capital Area Response Effort (CARE): <https://www.lansingmi.gov/721/Capital-Area-Response-Effort-CARE>
CARE is a domestic violence post-arrest response team for the Lansing metro area

Personal Protection Orders (PPOs)
paperwork necessary to file a PPO: <https://www.eveinc.org/what-paperwork-you-need-to-file-a-p>
three ways to file your PPO paperwork with the court:

- file at the Clerk's window on the 1st floor of Veterans Memorial Courthouse (313 W Kalamazoo Street in Lansing, MI)
- e-mail it to the 30th Circuit Court Clerk's Office at circuitcourtrecords@ingham.org
- fax it to the 30th Circuit Court Clerk's Office at 517-483-6401 or 517-483-6501

State Resources

Michigan Coalition to End Domestic & Sexual Violence: <https://mcedsv.org>

Michigan Public Sex Offender Registry: https://www.michigan.gov/msp/0,4643,7-123-1878_24961---,00.html

Michigan Sexual Assault Benchbook: <https://mjieducation.mi.gov/benchbooks/sexual-assault>

Michigan Human Trafficking Task Force: <https://mhttf.org>

National Resources

National Sexual Violence Resource Center: <https://www.nsvrc.org>

Rape, Abuse, & Incest National Network (RAINN): <https://www.rainn.org>

National Domestic Violence Hotline: <https://www.thehotline.org>

National Coalition Against Domestic Violence (NCADV): <https://ncadv.org>