



Health Promotion and Engagement
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

MICHIGAN STATE
UNIVERSITY



Get accurate and personalized feedback about:

- ✓ Your individual drinking pattern
- ✓ Your aspirations and goals
- ✓ Your risk patterns
- ✓ Resources at MSU and in your community



It's okay to ask for help.



Learn more or schedule
an appointment

CAPS Connect

- Free & Confidential
- Brief conversation with a CAPS counselor
- Offered in-person across campus or on Zoom

CAPS Counseling

- Free, individual, relationship/couples, & group counseling
- Open to all enrolled MSU students

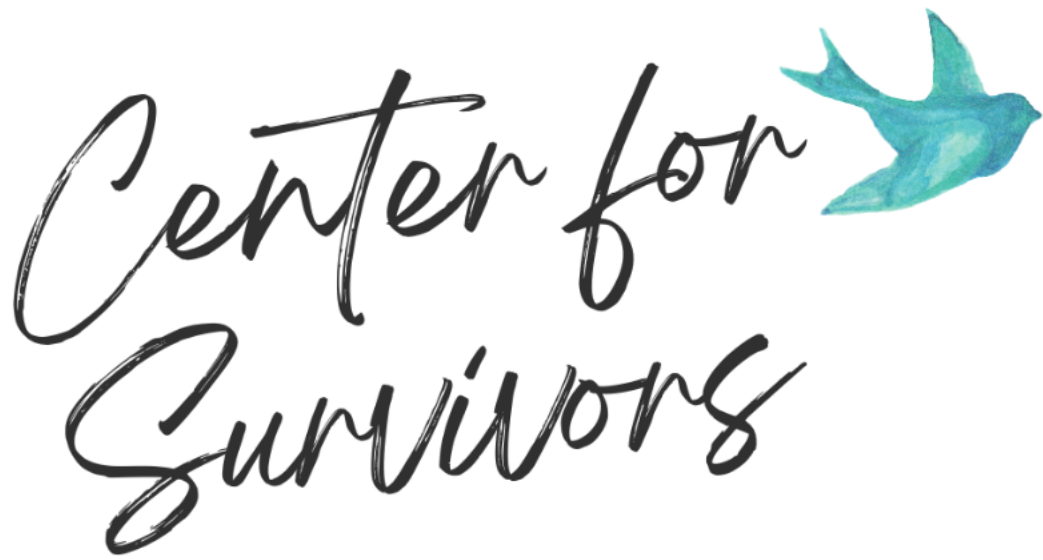


CAPS Connect



- Free
- Confidential
- Brief conversation with a CAPS counselor
- Offered in-person across campus or on Zoom

Visit caps.msu.edu for CAPS Connect times and locations.



YOU MATTER



University Health and Wellbeing
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SERVICES

- Sexual Assault
Healthcare Program
- Safe Place Shelter
- Therapy
- Advocacy

Walk in or call ahead 517-353-2700

Crisis Chat: 10 am-10 pm daily via
centerforsurvivors.msu.edu

**24/7 Center for Survivors Crisis
Hotline: (517) 372-6666**

Collegiate Recovery Community (CRC)

The Collegiate Recovery Community (CRC) helps students thrive in college without alcohol or drugs, fostering a supportive environment for academic and personal success in recovery.

If you are in recovery or curious about recovery, please contact recovery@msu.edu.

Visit
uhw.msu.edu
to learn more:



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CRISIS AND AFTER-HOURS CARE

You are not alone! Crisis resources are available both on and off campus.



LEARN MORE





Employee Assistance Program
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FREE COUNSELING SERVICES FOR MSU EMPLOYEES



Website: <https://uhw.msu.edu/employees/eap>

Phone: 517-355-4506

After-Hours Support Available!



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SEE.



CALL.



STAY.



**MSU's
Medical
Amnesty
Policy**

mindful STATE

*just keep breathing
to reset in real time*

1

**FIND A COMFORTABLE SPACE
AND RELAXED POSITION**

2

**CLOSE YOUR EYES
OR SOFTEN YOUR GAZE**

3

**INHALE DEEPLY
THROUGH YOUR NOSE
FOR 4 SECONDS**

4

**PAUSE YOUR BREATH
FOR 4 SECONDS...**

← feel the stillness →

5

**SLOWLY EXHALE
THROUGH YOUR MOUTH
FOR 6 SECONDS**

6

**NOTICE YOUR PAUSE
BEFORE NEXT BREATH**

7

**REPEAT A FEW TIMES,
ALLOWING EACH BREATH
TO GROUND YOU**

MSU Food Bank and Basic Needs Program

Spartan Shelf-Olin and Spartan Shelf-Union

@HealthySpartans



**PLACE AN ORDER
OR LEARN MORE**

**For Spartans Facing Food Or Basic
Needs Insecurity.**



Open Year Round



**Provides access to free groceries,
personal care items, cleaning supplies,
and other essential resources.**



Health Promotion, Engagement,
Accessibility and Accommodations
University Health and Wellbeing
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MSU HEALTH VENDING MACHINE

LOCATED IN THE MSU UNION &
MULTICULTURAL CENTER



**FREE NARCAN: A LIFE SAVING
OVERDOSE MEDICATION**



**REDUCED PRICE EMERGENCY
CONTRACEPTIVES**



**VARIETY OF HEALTH
PRODUCTS**



Schedule an appointment:
Call Campus Health Services 517-353-4660

Learn More:
Visit uhw.msu.edu!

FREE, SUPPORTIVE NUTRITION SERVICES AVAILABLE



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ONLINE SCHEDULING

for some types of primary care, gynecology, and transgender care now available.



Visit olin.msu.edu
to schedule today!



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8%
OF SPARTANS
HAVE A
DISABILITY

OVER
4,000
STUDENTS
SERVED

NEARLY
500
EMPLOYEES
SERVED

RESOURCE CENTER FOR PERSONS WITH DISABILITIES (RCPD)

CONNECT WITH US!

Visit the RCPD website to learn about accommodations for classrooms, testing, housing, workplace, and service animals.



RCPD.MSU.EDU



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CONTACT:



RCPD@MSU.EDU



517-884-RCPD (4-7273)



Collegiate Recovery Community
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SPARTANS' ORGANIZATION FOR ALL RECOVERY

MSU's registered student organization for Spartans in recovery from addictive disorders and their allies, SOAR is the heart of MSU's Collegiate Recovery Community.

SOAR offers:

- Social Events
- Service opportunities
- Peer support

Visit
uhw.msu.edu
to learn more:





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SPARTAN *Resilience* EDUCATION ...for ALL Spartans



Scan the QR Code to register or for more information!



**LATE-NIGHT SUBSTANCE-
FREE EVENT GRANTS ON
CAMPUS**



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Struggling and not sure where to turn?

TOGETHERALL OFFERS:



PEER-TO-PEER SUPPORT

Connect and share in a safe,
anonymous space with others
who understand



IMMEDIATE ACCESS

Whatever's on your mind,
you can access Togetherall
in minutes, 24/7



WELLBEING TOOLS

Benefit from self- assessments
and courses to help you
understand how you're feeling



Campus Health Services
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY



TRAVEL CLINIC



VACCINES



FAMILY CONSULTATIONS



**MSU STUDENTS, EMPLOYEES, & THE
GREATER LANSING COMMUNITY**



517-353-3161



<https://uhw.msu.edu/travelclinic>



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HEY T-REX STUDENTS!

Gender Affirming Supplies

Now Available

liveon.msu.edu/TREX



Transgender Residential Experience
Gender and Sexuality Campus Center
MICHIGAN STATE UNIVERSITY

