

## MENTAL HEALTH, CRISIS, AND COUNSELING SERVICES

Counseling and Psychiatric Services (CAPS) offers registered MSU students (undergraduate and graduate) assistance with a wide range of concerns, including depression, anxiety, homesickness, issues with adjustment, acculturation, or relationships, LGBTQ+ concerns, trauma, eating or body image, and other personal mental health issues.

If you are an MSU student, the following options are available to you:

- If you have not previously been to CAPS (or are not currently in our care) and would like to talk with a counselor, please complete a brief survey at this link to get started: [https://msu.co1.qualtrics.com/jfe/form/SV\\_9GNsDVC3VIH3wnr](https://msu.co1.qualtrics.com/jfe/form/SV_9GNsDVC3VIH3wnr)
- If you are in crisis, you can call us at 517-355-8270 and press “1” after the prompt to speak with a crisis counselor 24/7
- If you have any other questions or need to reschedule your appointment, please email us at [caps@msu.edu](mailto:caps@msu.edu) or call us at 517-355-8270 and press “3” to leave a message at the prompt.
- For more information about CAPS services at this time please visit our homepage at [www.caps.msu.edu](http://www.caps.msu.edu)

### **DIAL 988 - Suicide & Crisis Lifeline**

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

## **Additional Community Resources**

### **Wild Fern Wellness**

Location: 2929 Covington Ct, Lansing, MI 48912

Offers individual counseling services, private pay, or insurance

Email: [info@wildfernswellness.com](mailto:info@wildfernswellness.com)

<https://wildfernswellness.com/mental-health-therapy/>

### **Salus Center**

Location: 408 S Washington Sq Lansing, MI 48933

Offers support groups, community programs, and events

Email: [info@saluscenter.org](mailto:info@saluscenter.org)

<https://www.saluscenter.org/>

### **Red Cedar Counseling**

Location: 2395 Jolly Rd., Suite 160 Okemos, MI 48864

Location: 935 N Washington Ave Lansing, Suite L1, MI 48906

Offers individual, group, and family counseling services; also trans and GNC-focused services, medication management, HRT, psychiatric medicine (private pay, private insurance, sliding scale, and Medicaid)

Phone: 517-301-5011

Email: [info@redcedarcounseling.org](mailto:info@redcedarcounseling.org)

<https://www.redcedarcounseling.org/>

### **Community Mental Health**

Location: 812 E Jolly Rd, Lansing MI

Phone: 517-346-8200

### **24-hour Crisis Services (Walk-in & Mobile)**

#### **Adult Crisis Services**

**Toll Free:** 800-372-8460

**Local:** (517) 346-8460

**Walk-in Available 24/7**

812 E. Jolly Road, Lansing, MI

### **[Psychology Today](#)**

Select your preference for insurance, location, gender, types of therapy, age, ethnicity served, gender expression, language, price, and more.