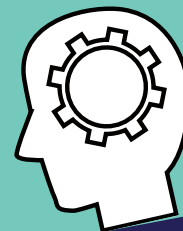


# ESSENTIAL

# NEEDS



## RESOURCE GUIDE



## STUDENT ADVOCATES FOR BASIC NEEDS

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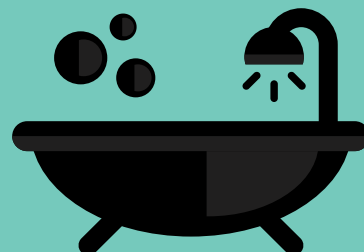
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STUDENT ADVOCATES FOR BASIC NEEDS



# Mental Health Resources



# Mental Health Resources

## On campus

### **MSU Couple and Family Therapy Clinic**

(517) 432-2272 Provides therapeutic services for families, couples, and individuals of all ages through a systemic lens. Services offered on a sliding fee scale (\$10-\$80 per session).

### **MSU Psychological Clinic**

(517) 355-9564 Provides psychological services to children, adolescents, adults, families, couples, and older adults. The Clinic offers psychotherapy, psychological assessments and evaluations, and mood and memory workshops for older adults. Therapy services are confidential, short-term, and available at affordable, income-adjusted rates.

### **MSU Counseling and Psychiatric Services (CAPS)**

(517) 355-8270 Any student registered for one or more credits is eligible for a consultation appointment. As resources permit, additional services and/or referrals may be provided. Counseling services are generally available on an appointment basis.





# Mental Health Resources

## Community Resources and External Links

### The Michigan Mental Health Networker - Lansing Area

Services Listing of many of the mental health and substance abuse providers in the Greater Lansing area, complete with brief descriptions of the offices, services provided, and contact information. Also has links to Child and Adolescent Services, Self Help and Support Groups, Substance Abuse Services, and a directory for local therapists.

### Sparrow Hospital Behavioral Health Services

(517) 364-7650 The Behavioral Health program provides or coordinates resources for those individuals who experience an emotional or psychological crisis, psychiatric illness or substance addiction. Offers both inpatient, day treatment, and outpatient programs.

### St. Vincent Catholic Charities Family Counseling Center

(517) 323-4734 Provides therapeutic services for any residents of the Tri-county area, and serves individuals, couples, families, and children of all ages.

# Mental Health Resources

## Community Resources and External Links

### Insight Recovery Centers

(800) 838-1752 A comprehensive provider of substance abuse and mental health services. Insight offers residential, day treatment, and outpatient programs for those dealing with mental health or substance abuse concerns.

### Clinton-Eaton-Ingham CMH Ingham Counseling Center

(517) 346-8318 or (517) 372-2460 (crisis hotline) The community mental health movement in this country was founded on the belief that mental health services are best provided in the community in which the person receiving such service lives. In keeping with this philosophy, Community Mental Health provides a wide range of community-based services.

### Child and Family Charities, Capital Area

(517) 882-4000 Provides counseling assistance to people of all ages experiencing a variety of life problems. The program responds to a growing need in the Greater Lansing community by targeting services to low income families and adjusting fees based on ability to pay.

# Mental Health Resources

## Community Resources and External Links

### National Suicide Prevention Lifeline

1 (800) 273-8255 At this number, you'll be connected to a skilled, trained counselor at a crisis center in your area (whether you are at school or away), 24/7, all year round.

### MSU Student Housing Cooperative

is a non-profit, autonomous organization providing an affordable off-campus housing option to students and the Greater Lansing community. There are more than 240 members in our 17 houses. Houses vary from 5 to 29 members, each with their own character and history. Our name honors our historical affiliation with Michigan State University, where we remain a registered student organization. However, we operate independently from the university with additional requirements and guidelines for membership.

# Mental Health Resources

## Services for Students Studying Remotely

### CAPS Crisis Line (24/7/365)

Students can call us at (517-355-8270) and press “1” at the prompt to speak with a crisis counselor. Referral Assistance is available. CAPS offers over-the-phone and virtual appointments to help connect students to counseling and psychiatric resources within their local community. To schedule an appointment, please call (517) 355-8270 and ask to be connected with a referral specialist.

### Psych Hub

is an online video resource library covering many common mental health topics: <https://psychhub.com/covid-19/>

There are several things you can try to relieve anxiety and stress for the short-term, see what works for you: What You Can Do Now Take an on-line assessment.

It can help you understand the issues/concerns that you are experiencing. An online mental health screening tools can be found by clicking the following link: Mental Health Screening

# Mental Health Resources

## Services for Students Studying Remotely Continued

### International SOS emotional support services

are available to education abroad participants and anyone traveling on MSU-sponsored international travel. Contact the International SOS 24/7 Assistance Center (+1-215-942-8478 or through their phone app) to connect with virtual counseling and psychological support in several different languages. More information is available on the Office of International Health and Safety website.







**Resources for Students  
in Recovery**  
Student Advocates for Basic Needs





# Collegiate Recovery Community

Alcoholics Anonymous Lansing Central Office

Phone Number: 517.377.1444



AA meetings on or near campus:

Sunday at 8:00 pm at St Thomas Aquinas Church, 955 Alton Rd.

Monday at 7:30 pm at All Saints Episcopal Church, 800 Abbott Rd.

Tuesday at 7:00 pm at The Peoples Church, 200 W. Grand River Ave.

Wednesday at 8:00 pm at MSU Engineering Building, Room 3400

Thursday at 6:30 pm at Eastminster Presbyterian Church, 1315 Abbott Rd.

Friday at 9:30 pm at Eastminster Presbyterian Church, 1315 Abbott Rd.

Saturday at 10:00 am at Eastminster Presbyterian Church, 1315 Abbott Rd.



# Collegiate Recovery Community

**Narcotics Anonymous Michigan Region**

**Phone Number: 1.800.230.4085**

**Narcotics Anonymous meetings on campus:**

**Monday at 7:30 pm at MSU East Fee Hall, Room E111**

**SMART Recovery Find a meeting location by visiting here:**

**<https://www.smartrecoverytest.org/local/>**

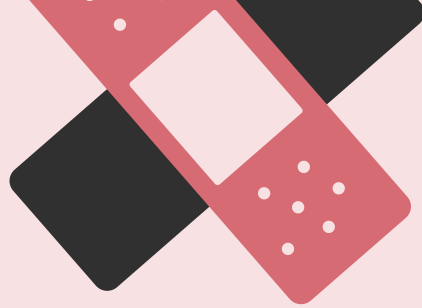
**Celebrate Recovery Thursday at 7 pm at Trinity Church,  
3355 Dunckel Rd, Lansing 517.492.1869**

**Refuge Recovery**

**Monday at 6:00 pm at The Fledge, 1300 Eureka, Lansing**

**Thursday at 6:00 pm at the Cristo Rey Community Center,  
1717 N. High Street, Lansing**

**Friday at 7:30 pm at Just B Yoga, 106 Island Ave, Lansing**

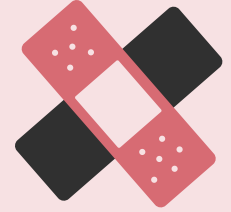


# PHYSICAL HEALTH RESOURCES

STUDENT ADVOCATES FOR BASIC NEEDS



# PHYSICAL HEALTH RESOURCES



**Spartan Health Promotion- Nutrition**

**The Sexual Wellness Program**

**MSU On-Campus Condom & Safer Sex Supply Distribution  
On-Campus Request Form**

**Off-Campus and still need condoms?**

Order condoms within the state of Michigan for FREE, delivered to your door. Please send an email to MDHHS-FreeCondoms@Michigan.gov. Please include in the email: 1) Your Name 2) Your Mailing Address

**Sexual Wellness Program Coordinator Kevin Bator, B.A.**  
batorkev@msu.edu 517.884.6565

**National Health Care for the Homeless Council**

Homeless students who need to visit a doctor or have a procedure done can contact this agency to learn about their options and receive quality care referrals.

<https://nhchc.org/directory/>





STUDENT ADVOCATES FOR BASIC NEEDS

# Food Resources



# FOOD RESOURCES

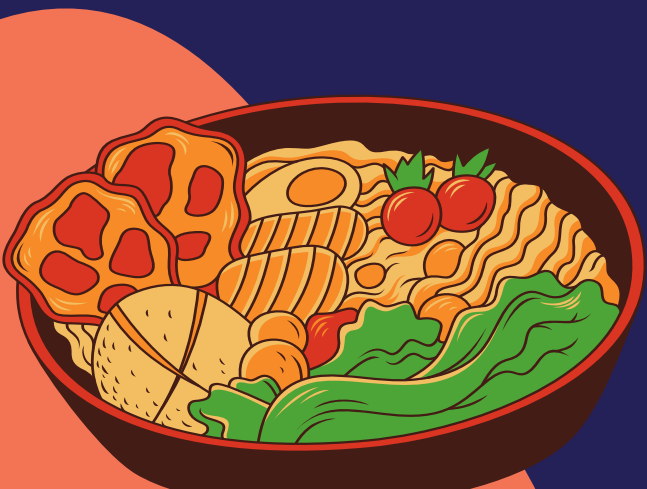
Off Campus Resources



<https://www.feedingamerica.org/find-your-local-foodbank>

Homeless students looking to find a food bank in their community can use Feeding America's national database to see what is closest to them.

Call 211 for assistance locating the nearest food bank!







# FOOD RESOURCES

## On Campus



STUDENTS HELPING STUDENTS SINCE 1993

<https://foodbank.msu.edu/eligibility/index.html>

MSU undergraduate, graduate and professional students who **do not have** an MSU dining plan and are enrolled in courses in fall or spring semester are eligible to use the Student Food Bank.

**Who is eligible?**



Students **do not** need to be enrolled in summer classes in order to use the food bank in the summer. If attending for the first time, please bring proof of enrollment (i.e., bill stub, schedule, etc.) for spring, summer, or fall semester.



**STUDENTS MUST BRING THEIR MSU STUDENT ID TO EVERY DISTRIBUTION.**



**TO SCHEDULE AN APPOINTMENT PLEASE VISIT**

<https://msustudentfoodbank.setmore.com/>

Email: [Foodbank@msu.edu](mailto:Foodbank@msu.edu)



# SHELTER

## RESOURCES


STUDENT  
ADVOCATES FOR  
BASIC NEEDS



# Shelter


## ON CAMPUS RESOURCES

**MSU Safe Place** provides advocacy, emergency shelter, counseling, support groups, safety planning, information and referrals to survivors of violence and their minor children.



How much does it cost?

All support services are free and confidential.



Will you tell my family?

MSU Safe Place works to increase awareness about relationship violence and stalking through community education and outreach efforts.

<http://safeplace.msu.edu/>

# Shelter

## OFF CAMPUS RESOURCES

### **Homeless Shelter Directory**

<https://www.homelessshelterdirectory.org/foodbanks/>

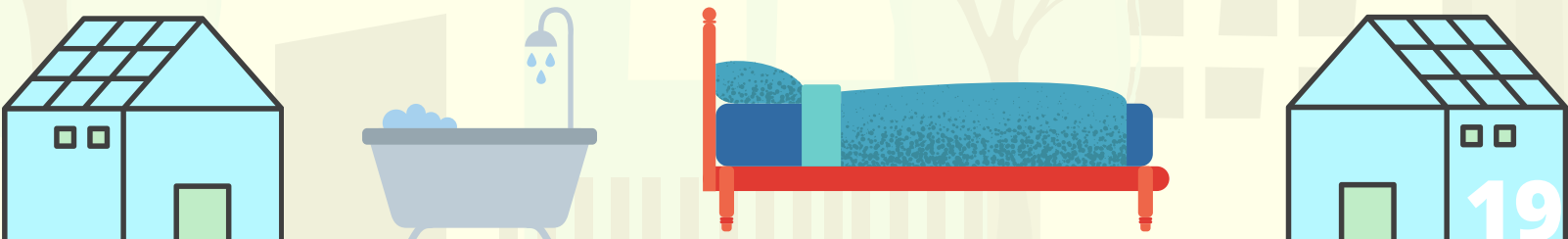
This website currently maintains a database of more than 12,000 emergency food programs in America, ranging from shelters and food pantries to soup kitchens and food banks.

**City Rescue Mission** offers a men's shelter, women & children's shelter, and drop-in center.

**Ending Violent Encounters (EVE)** provides supportive services to survivors of domestic and sexual violence, stalking and elder abuse. All services are free and confidential.

**Haven House** provides emergency housing and support services for one-parent and two-parent families with children. The shelter helps families who are homeless prepare for permanent housing by developing and promoting self-sufficiency, stability, and financial responsibility.

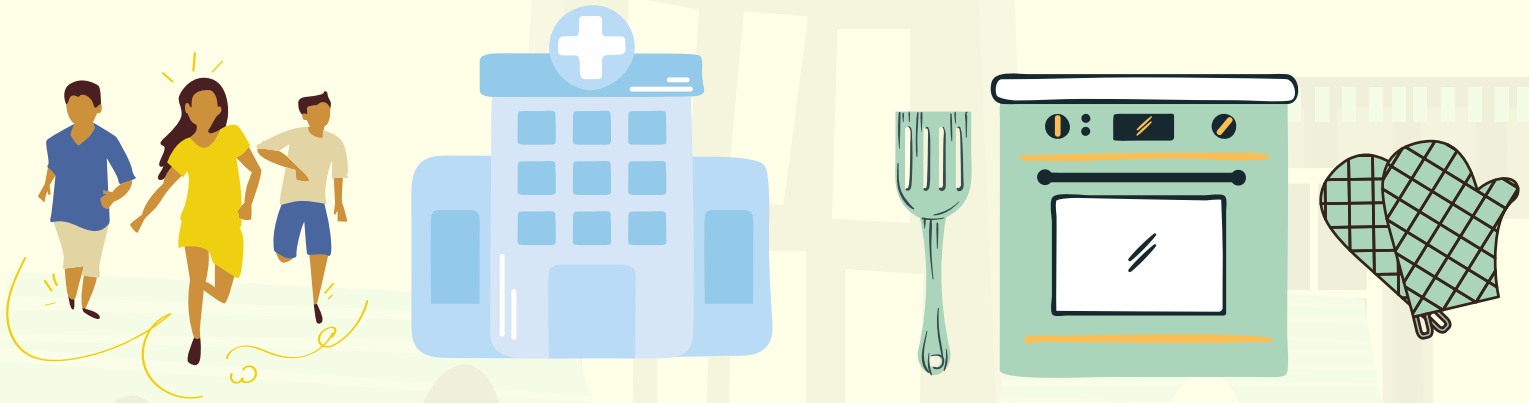
**Homeless Angels** offers emergency shelter through their hotel program.



# Shelter

## OFF CAMPUS RESOURCES

**Holy Cross Services** has an overnight emergency shelter, hotel emergency lodging program for homeless families and persons with disabilities. day center, medical clinic, and a community kitchen.



**Loaves & Fishes** provides emergency short-term housing, advocacy and support services for homeless men, women and children, and long-term transitional housing, advocacy and support services for mothers with children and individual men in a caring Christian environment. Our purpose is to serve, not convert, respecting each person's spiritual path, different though that may be from ours.





Additional

RESOURCES

## ADDITIONAL RESOURCES

**Gateway Youth Services** is a local agency focused of assisting homeless youth in transitioning from adolescence to independence. Their Street Outreach Program can offer youth up to age 24 year with food, basic care items, and assistance in finding shelter options or other resources. Gateway also has a 24 hours crisis hotline that can be utilized and transitional living programs for both single and parenting young people.

**International Student and Scholars Program (ISSP)** helps international students learn to cope with change, adjustment and stress.

L

**Lesbian, Bisexual, Gay, and Transgender Resource Center** works to enhance the campus climate and support services for students marginalized by their sexuality or gender identity.

**MSU Safe Place** provides advocacy, emergency shelter, counseling, support groups, safety planning, information and referrals to survivors of violence and their minor children.



## ADDITIONAL RESOURCES

**MSU Center for Survivors** believes in the strength and resiliency of all people impacted by sexual violence. We stand with survivors against all forms of social injustice by promoting individual healing and building an empowered, inclusive community.

**National Suicide Prevention Lifeline** (external resource) is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**Office of Supportive Services (OSS)** mission is to provide comprehensive services to first-generation, low-income college students and those who may have a disability.

**Prevention Outreach and Education Office (POE)** educates members of the MSU campus community on sexual assault and relationship violence, working to eliminate violence on campus and empowering staff, faculty and students for social change.





## ADDITIONAL RESOURCES

**Residence Education and Housing Services** work in coordination with MSU Police, work to provide a safe and secure living environment for our residents.

**Resource Center for Persons with Disabilities (RCPD)** provides faculty resources including best practices for students with disabilities.

**Resource Center for Persons with Disabilities (RCPD)** provides faculty resources including best practices for students with disabilities.

<https://caps.msu.edu/faculty-staff/Who-To-Contact.html>



# THANK YOU!

FOR JOINING OUR  
EFFORTS IN ADDRESSING  
STUDENT ESSENTIAL  
NEEDS!

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*Let's stay connected!*



Find us on  
**Facebook**



Instagram

Student Advocates for  
Basic Needs Security

@msu\_sabns

