



Free to all MSU students.

Connect to professional counselors 24/7/365.

Call. Chat. Anytime. Anywhere. Support is available in your preferred language.

Attending MSU is an exciting experience. It can also be a time of change, adjustment, and stress.

My SSP is available to help you with:

Health - stress, sadness, anxiety, wellness
Living Away - loneliness, confidence, time-management
Relationships - family, friends, roommates, culture, communication
Student Life - study habits, school-life balance, academic stress

Immediate support is available by phone and chat.

On-going support is by appointment and available by phone and video.

Self-directed support including multilingual articles and videos.







Download the free My SSP app today.



