



- **Free and Confidential**
- **First come, first served**
- **10-15 minutes to chat with a counselor**
- **Common concerns:**
  - Stress
  - Adjustment
  - Relationship issues
  - Feeling sad or down
  - Questions about counseling
  - Uncertainty about resources



**Visit [caps.msu.edu](https://caps.msu.edu) for CAPS Connect times and locations!**



Counseling & Psychiatric  
Services (CAPS)  
MICHIGAN STATE UNIVERSITY