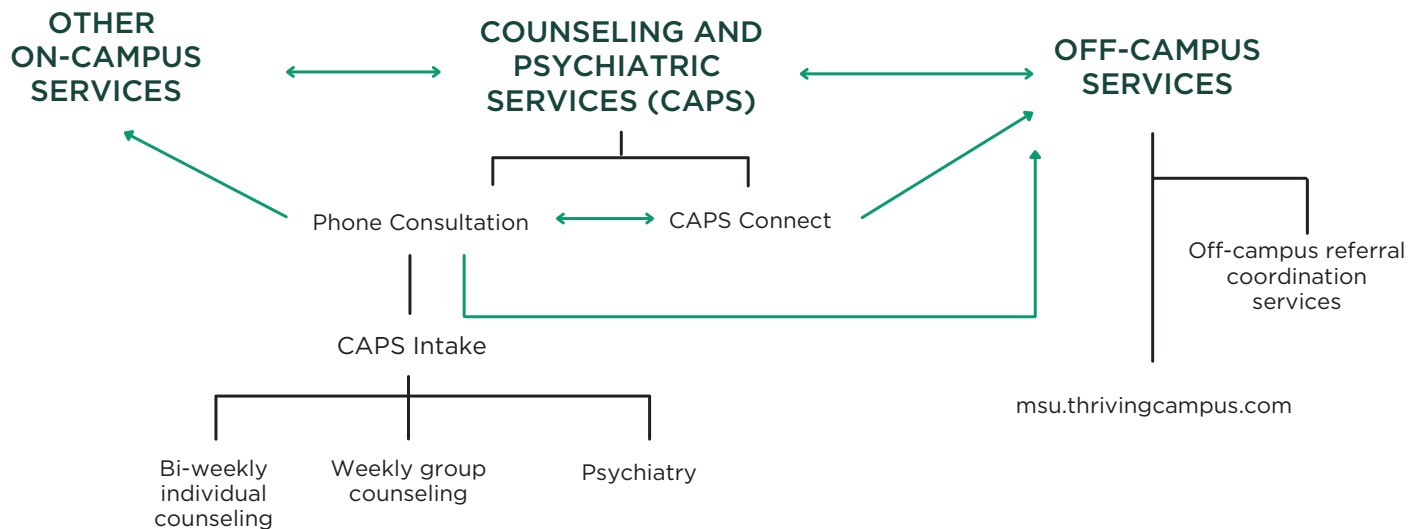




ACCESSING STUDENT MENTAL HEALTH SERVICES

Health and safety are a top priority at Michigan State University. That's why there are a number of ways students can access support for their health and well-being, including their mental health.

The chart below highlights a few ways students can get connected to on- and off-campus services that are right for them. This is not an exhaustive representation of all the support services and networks available, but is intended to help students get started on their well-being journey.



Counseling and Psychiatric Services (CAPS) also offers outreach services, self-guided online resources and more. More information about these and more are available at caps.msu.edu.

Learn more about CAPS services and their availability on the next page.

CAPS Services Availability

Demand for CAPS services varies throughout the year. While we accommodate as many students as possible, we recognize that sometimes wait times can become a barrier to getting the support students need. When availability is limited — or if we believe a student could benefit from working with an off-campus provider or campus partner — we may refer them to another provider in the East Lansing area or another department on campus.

The guide to the right gives more insight into the average availability of our services and resources.

We've partnered with ThrivingCampus.

ThrivingCampus is a free online platform that makes it easier for the MSU Community to connect with off-campus mental health care and well-being services.

With ThrivingCampus, users can:

- Browse and filter providers based on your needs and preferences
- Get answers to common questions
- Reach out to community providers and connect with mental health care and other services to support your well-being.

Visit msu.thrivingcampus.com to see providers in the East Lansing area.

Not sure where to start?

Scheduling an initial consultation with CAPS is a great way for students to get connected to services and resources. Students can schedule a consultation online by visiting caps.msu.edu/schedule or calling **(517) 355-8270**.

CAPS Services

