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Free to all MSU students.

Support is available in your preferred language.



# STUDENT SUPPORT PROGRAM

**Attending college is an exciting life experience. It can also be a time of change, adjustment, and stress. My SSP is available to help you succeed.**

App and online resources can 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 available by phone and chat.

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

Self-directed support including multilingual articles and videos.



**Download the free My SSP App today.**



Counseling & Psychiatric Services (CAPS)  
MICHIGAN STATE UNIVERSITY