Grad Student Support Group

Fridays 9-10am, Spring 2019 at Olin Health Center

Grad school can take a lot out of you...

At times, it seems assumed you will experience high levels of stress, possibly anxiety and depression, and you are simply supposed to keep pushing.

You are good at pushing yourself, but you may be wondering how much is too much?

At what point is your mental health or well-being at risk?

If you resonate with these thoughts, let’s talk. Counseling and Psychiatric Services is forming a confidential support group this semester that will help you identify and address key points of stress in your life.

We can listen, help you process, offer support, or help you come up with actionable strategies to manage whatever is concerning you.

Parameters for participation:
The group will start Friday, February 8th, 2019. Once we have filled the group, it will be closed to new members.

We understand you may not be able to make every meeting, but we also expect if you decide to participate, you will try to be there consistently.

A confidential place to process your experiences and challenges.

Topics May Include:

- Stress management
- Juggling competing responsibilities
- Managing tensions with advisors, family and friends
- Finishing your dissertation/thesis
- Questioning your purpose and direction

WANT MORE INFORMATION?

Contact the group leaders:

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or

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Counseling and Psychiatric Services