



Student Support Resources

If you find yourself wanting to discuss the information in the message you received with someone outside our office, please know the following resources are here to support you.

Mental Health Support

Counseling & Psychiatric Services (CAPS) – *confidential, services available 24/7*

CAPS is the place on campus for **students** seeking help for a wide range of concerns, including depression, anxiety, stress management, homesickness, adjustment or acculturation, relationships, issues around race, gender and sexual orientation (LBGTQ), substance abuse, traumatic experiences, eating or body image concerns, and other personal mental health concerns.

(517) 355-8270 <https://caps.msu.edu/>

Center for Survivors (CFS) – *confidential, services available 24/7*

The CFS is honored to work with sexual assault survivors and all others who are impacted by sexual violence. CFS provides free and confidential individual counseling, advocacy, and support groups to MSU **students** and community.

(517) 355-3551 <https://centerforsurvivors.msu.edu/>

Employee Assistance Program (EAP) – *confidential*

The Employee Assistance Program (EAP) is a confidential counseling service provided at no cost to MSU faculty, staff, retirees, **graduate student employees**, and their families.

(517) 355-4506 <https://eap.msu.edu/>

Process Support

Office of the University Ombudsperson – *confidential*

The Office of the University Ombudsperson offers a confidential place to discuss academic and nonacademic concerns including: administrative issues, workplace issues, or any concern that may relate to Michigan State University **students**. The Office also interprets and explains university policies and procedures.

(517) 353-8830 <https://ombud.msu.edu/>

Associated Students of Michigan State University (ASMSU) Student Rights Advocates

ASMSU's Student Rights Advocates (SRAs) will advise you for any case in the University Student Conduct System, where a licensed lawyer is not allowed. Through ASMSU, **graduate and undergraduate students** are eligible to receive SRA services. SRAs are trained to interview, prepare, and act as counsel for students during University hearings for violations of ordinances and regulations.

(517) 884-1253 <https://asmsu.msu.edu/home/services/student-rights-advocates/>

Resource Center for Persons with Disabilities

The mission of RCPD is to "lead Michigan State University in maximizing ability and opportunity for full participation by persons with disabilities." Team RCPD is ready to assist **students**, employees and visitors with resources that create an environment of opportunity.

(517) 884-7273 <https://www.rcpd.msu.edu/>