Physical and Mental Health Resources

The Employee Assistance Program (EAP) and Health4U at MSU have temporarily suspended in-person appointments. We are now exclusively offering Telehealth videoconferencing. Please contact us at eap@msu.edu or (517) 355-4506 to schedule an appointment for short-term counseling through the EAP, or for additional resources. Or, please contact us at health4u@msu.edu or (517) 353-2596 to set up an appointment for food & nutrition counseling, or other general questions regarding the Health4U program.

CRISIS

911
Dial 9-1-1 and let the dispatcher know that you’re having a mental health emergency.

COMMUNITY MENTAL HEALTH
Community Mental Health of Clinton, Eaton, and Ingham Counties offers 24/7 crisis services.
(517) 346-8460

LOCAL EMERGENCY DEPARTMENT
Visit your local emergency room and let them know that you’re having a mental health emergency. Many tri-county emergency departments are listed below:

Ingham County
Sparrow Hospital – Lansing, MI
McLaren Greater Lansing – Lansing, MI

Eaton County
Sparrow Eaton Hospital – Charlotte, MI
Eaton Rapids Medical Center – Eaton Rapids, MI

Clinton County
Sparrow Clinton Hospital – St. Johns, MI

PINE REST PSYCHIATRIC URGENT CARE CENTER
Pine Rest Psychiatric Urgent Care Center is located in Grand Rapids, MI. The center provides immediate assessment and treatment for people experiencing acute psychiatric symptoms who cannot wait for routine outpatient intervention.
(616)455-9200
Pinerest.org/services/psychiatric-urgent-care-center/

NATIONAL SUICIDE PREVENTION LIFELINE
The Lifeline is a national network of local crisis centers that provides 24/7, free and confidential emotional support to people in suicidal crisis or emotional distress.
1-800-273-8255
https://suicidepreventionlifeline.org/

THE LISTENING EAR
The Listening Ear is the nation’s oldest all-volunteer crisis center. Their volunteers are trained to deal with crises that include depression, suicide, loneliness, sexual assault, grief, and many others. They also provide referrals for services throughout the Lansing area.
Due to the low number of volunteers at this time, the Listening Ear has reduced the availability of services from 24 hours to 12 hours; 2pm-2am daily.
(517) 337-1717
http://theear.org/

Last Updated 4/17/2020
**Michigan Warmline**
Michigan Department of Health and Human Services (MDHHS) has launched a statewide, peer-run warmline for those who are living with persistent mental health conditions including anxiety, depression, and trauma during the COVID-19 pandemic.

The warmline will operate 7 days a week from 10 a.m. to 2 a.m.

**(888) 733-7753**

**Food & Eating**

**Baby Pantries**
Families with young children will find local resource assistance by calling 2-1-1 or going to [centralmichigan211.org](http://centralmichigan211.org).

For information on food assistance programs such as Women, Infants and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP), contact the [Michigan Department of Health and Human Services](http://www.michigan.gov/health).

**Eating Concerns**
National Eating Disorders Association (NEDA)
NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

**(800) 931-2237**
Text NEDA to 741741 (for 24/7 Crisis Support)
[https://www.nationaleatingdisorders.org/](https://www.nationaleatingdisorders.org/)

**Food Pantries**
To find the nearest emergency food resource to you, call 2-1-1 or visit [centralmichigan211.org](http://centralmichigan211.org). Central Michigan 2-1-1 serves the residents of Clinton, Eaton, Genesee, Hillsdale, Ingham, Jackson, Lenawee, Livingston, and Shiawassee Counties.

**Meals for Seniors**
If you are a senior citizen, call the Tri-County Office on Aging at (517) 887-1460 for the Meals on Wheels home delivered meals program, and (517) 887-1393 for available pick-up sites for pre-packaged food.

**Meet Up and Eat Up**
Many tri-county area schools and community organizations are offering brown bag lunches while schools are closed due to COVID-19 prevention measures. Additional information, including eligibility and hours of service, about each location can be found by clicking on the location you’re interested in. Locations participating outside of the tri-county area can also be found [here](https://www.nationaleatingdisorders.org/).

**Ingham County**

East Lansing
*East Lansing High School*

Haslett
*Haslett Middle School* – Offering a mobile drop off for meals in addition to curbside pickup at Haslett Middle School.

Holt
*Delhi Manor*  
*Kensington Meadows*  
*South Square*  
*Windmill Park*

Lansing
*Attwood School*  
*Averill School*  
*Baker Donora*  
*Beckman*  
*Bethlehem Church*  
*Capital Commons*  
*Cavanaugh School*  
*Center for Success*  
*Cumberland School*  
*Edgewood Village*  
*Gardner School*  
*Gier Community Center*  
*Hildebrandt Housing Community*  
*Hill Center*  
*Lansing Catholic High School*  
*Letts Community Center*  
*Mt. Hope School*  
*Mount Vernon Housing Community*  
*Pine Brook Manor*  
*Rotunda Trailer Park*  
*Sexton High School*  
*Sheridan Road School*  
*Summer Place*

Last Updated 4/17/2020
Leslie
- Bunkerhill Township Hall parking lot
- County Park on Dixon Road
- Edgar Road Trailer Park
- First Baptist Church of Leslie
- Leslie Trailer Park
- Onondaga Township Hall

Mason
- Mason Manor
- Mason Middle School
- Sycamore Village

Okemos
- Arrowtree Apartments
- Central Park Apartments
- Club Meridian Apartments
- Fox Hollow Apartments
- Hamilton Trace Apartments
- Knob Hill Apartments
- Meridian Meadows
- Okemos High School
- Okemos Public Montessori at Central
- Winslow Park
- Wardcliff School

Stockbridge
- Stockbridge Junior/Senior High

Waverly
- Waverly High School

Webberville
- Webberville High School
- Hamlin’s Trailer Park

Williamston
- Creek Club Apartments – Bus Drop Off
- Gorsline Funeral Home – Bus Drop Off
- Park Terrace Apartments – Bus Drop Off
- Tractor Supply Parking Lot – Bus Drop Off
- Village Square Trailer Park – Bus Drop Off
- Williamston High School – Curbside Pick Up
- Willow Village Park – Bus Drop Off

Eaton County

Bellevue
- Elementary School – Bellevue Community Schools will be delivering breakfast and lunches to all students at their normal bus stops. There will also be staff at the elementary school for families to pick up meals.

Charlotte
- Charlotte High School
- The Meadows Community
- Courthouse Square
- Butternut Creek Apartments
- Old School Village Apartments

Grand Ledge
- Beagle Middle School

Maple Valley
- Breakfast and lunch provided via pickup or delivery.

Olivet
- Olivet Middle School

Potterville
- Potterville Middle School/High School

Clinton County

Bath
- Bath Middle School

DeWitt
- Redeemer United Methodist Church
- St. Jude Catholic Church

Fowler
- Fowler Public Schools

Ovid-Elsie
- E.E. Knight Elementary
- Leonard Elementary

Pewamo-Westphalia
- Pewamo-Westphalia Middle/High School

St. Johns
- Eureka Elementary
- St. Johns High School

ON-CAMPUS FOOD SERVICE
If you are working on campus, Eat at State is operational with “grab-and-go” service daily from a few locations with reduced hours. Visit Culinary Services Operational Updates for the most up-to-date information.

TINY PANTRIES
Tiny Pantries have popped up all around our communities in the last couple of years. Some are provided by specific groups, and others by individuals. These have generally been used as a supplemental food source, or if you have just run out of something. Visit the Free Tiny Network map to find one near you. Or, if you have extra of something and can do so, please also consider leaving something!
**GRIEF RESOURCES**

**GRIEF WATCH**
Bereavement resources, memorial products, and links to help individuals deal with personal loss.

[https://griefwatch.com/](https://griefwatch.com/)

**OPEN TO HOPE**
Open to hope is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen, and share your stories of hope and compassion.

[https://www.opentohope.com/](https://www.opentohope.com/)

**UNIVERSITY OF MICHIGAN**
University of Michigan Bereavement Guide. Information on funeral planning, grief reactions, coping, and financial/legal concerns.

[https://urldefense.com/v3/__http://www.med.umich.edu/pdf/oda/Bereavement.pdf__;!!HXCxUKc!h-hmLW_5rUcD02Gx9P3Venf9MRGHv5QeuOXLpa9E8D3r45fAA.9r8zMK0lg.l2o$](https://urldefense.com/v3/__http://www.med.umich.edu/pdf/oda/Bereavement.pdf__;!!HXCxUKc!h-hmLW_5rUcD02Gx9P3Venf9MRGHv5QeuOXLpa9E8D3r45fAA.9r8zMK0lg.l2o$)

**GRIEF RESOURCES – CHILDREN & TEENS**

**ELE’S PLACE**
Ele's Place is a nonprofit, community-based organization dedicated to creating awareness and support for grieving children and their families. Through peer support group programs, Ele's Place helps children to cope with the death of a parent, sibling, or other close family member or friend.

[https://www.elesplace.org/](https://www.elesplace.org/)

**NATIONAL ALLIANCE FOR GRIEVING CHILDREN**
List of Michigan-based support programs for children and teens experiencing grief.


**GRIEF SUPPORT GROUPS**

**BEREAVED PARENT**
Online support and local resources for those grieving the loss of a child.

[https://bereavedparent.com/resources/](https://bereavedparent.com/resources/)

**JUNE CASTONGUAY, MA, LPC, CCTP, NCC**
Information for June Ellen Castonguay, Licensed Professional Counselor specializing in grief and loss in Okemos, Michigan.

[https://www.psychologytoday.com/us/groups/grief/mi/cast-lansing/118158?sid=5e820775948c1e7e2e-tr-ResultsName](https://www.psychologytoday.com/us/groups/grief/mi/cast-lansing/118158?sid=5e820775948c1e7e2e-tr-ResultsName)

**GRIEF SHARE**
Online resources for those looking to find support groups and seminars related to grief. Thousands of support groups meet weekly around the world.

[https://www.griefshare.org/groups/search](https://www.griefshare.org/groups/search)

**HOSPICE OF LANSING**
Ongoing bereavement care for families and friends for 13+ months after their loss, including grief recovery education, support groups, referrals, resources, and memorial services.

[https://hospicoflansing.org/patients-families/grief-support-pf/](https://hospicoflansing.org/patients-families/grief-support-pf/)

**LANSONG SUICIDE SURVIVOR LOSS SUPPORT GROUP**
Local information on suicide loss support groups and resources.

[https://afsp.org/support_group/lansing-suicide-survivor-loss-support-group/](https://afsp.org/support_group/lansing-suicide-survivor-loss-support-group/)

**MICHIGAN RESOURCES ON GRIEVING**
List of local Michigan support resources for those experiencing grief.


Last Updated 4/17/2020
SPARROW HOSPICE BEREAVEMENT PROGRAM
The Sparrow Hospice Bereavement Program is available to provide support and companion individuals who are experiencing grief and loss related to the death of a loved one.

https://www.sparrow.org/hospice-bereavement

HOUSING ASSISTANCE

211 – UNITED WAY
Central Michigan 2-1-1 can connect you with emergency shelters, public housing, or low-income rentals. Help with mortgages or foreclosures. Help with home improvement and repairs.
2-1-1
Centralmichigan211.org

MICHIGAN FAMILY RESOURCES

BOARD OF WATER AND LIGHT (BWL)
Latest updates from Lansing BWL regarding suspended electric and water shutoffs, payment options, and other COVID-19 related news.


CONSUMERS ENERGY
News, updates, billing resources, FAQs, and safety information from Consumers Energy.


MICHIGAN ECONOMIC DEVELOPMENT CORPORATION
Support services, resources, and information for Michigan businesses. Federal and local support for small businesses, personalized solutions for employers and employees.

https://www.michiganbusiness.org/about-medc/covid19/

STATE OF MICHIGAN COVID-19 RESPONSE
Updates from Michigan Department of Health and Human Safety, news releases from the State Emergency Operations Center and the Executive Office of the Governor. Includes information about Medicaid and assistance.

https://www.michigan.gov/coronavirus

STATE OF MICHIGAN DEPARTMENT OF LABOR AND ECONOMIC OPPORTUNITY (LEO)
State of Michigan website for unemployment information – includes online unemployment benefits application.

https://www.michigan.gov/leo/0,5863,7-336-78421_97241---.00.html

MUNICIPALITIES/COURTS

CITY OF EAST LANSING
Updates, resources, and news from the City of East Lansing related to COVID-19. Also contains contact information and continuity of operations plan for city services.


CLINTON COUNTY GOVERNMENT
Updates on municipal operations from Clinton County. Includes links to state and federal COVID-19 resources.

https://www.clinton-county.org/

INGHAM COUNTY COURT UPDATES
Updates on administrative orders and public notices from the 30th Judicial Circuit Court. Court deals in general jurisdiction, civil cases greater than $25k in damages, all felony criminal matters, and all family matters.

https://cc.ingham.org/courts_and_sheriff/circuit_court/
PERINATAL MOOD DISORDERS AND POSTPARTUM SUPPORT

PERINATAL WELLNESS SUPPORT LINE, CAPITAL AREA
This is a phone line that is staffed by two local therapists, Jennifer Novello and Kersten Kimmerly, who are specialists in perinatal mood disorders and postpartum support. Kersten and Jen are both trained and certified by Postpartum Support International (PSI), and they offer caring and informed support and resources to moms and their families. They also provide information and resources for area providers who are caring for pregnant and postpartum families. Please don't hesitate to contact them with any thoughts, concerns, or questions you might have about how to navigate your pregnancy or recent delivery during this complicated and uncertain time; they want to hear from you.

(616) 841-3334
perinatalwellnesscapitalarea@gmail.com

OTHER MICHIGAN PSI COORDINATORS:
Amy Lawson
South-Central Michigan
(734) 358-3376 *text or call
Amypsi01@gmail.com

Kim Foster
Northern Michigan (East and West)
(231) 876-7820
kfoster@mhc.net

Nancy Roberts
West Michigan
(616) 391-1771
Nancy.Roberts@spectrumhealth.org

Kelly Ryan
Greater Detroit Area
(248) 898-3235
Kelly.Ryan@beaumont.org

Danielle Gordon
North of Detroit (Thumb Area)
(248) 462-6262
Dgordon.psi@gmail.com

*If your area is not listed above, please contact Amy Lawson (first listing) for help.

OTHER HELPFUL INFORMATION
Willow Tree Family is a local organization dedicated to growing strong, empowered families by providing support groups and educational services for pregnancy, birth and beyond. They have recently posted a very helpful article that provides the most recent information for pregnant women about COVID-19, including special resources for pregnant moms and moms preparing for labor. Check out this great resource here.

PERINATAL MOOD DISORDERS AND POSTPARTUM SUPPORT – SUPPORT GROUPS

SHADES OF MOTHERHOOD – LANSING, MI
This group continues to be held online every Tuesday at 1:00pm, and is free of charge. For more information, including how to connect to the group online, contact Kersten Kimmerly at kerstenkimmerly1@gmail.com.

For more support groups in other areas of the state, please visit this link.

PHYSICAL HEALTH

FITNESS BLENDER ON YOUTUBE
Over 600 free fitness videos to help keep you active from the comfort of home.
https://www.youtube.com/user/FitnessBlender

HOW TO EXERCISE DURING A PANDEMIC
Article from the Atlantic on the basics of safe exercise practices while social distancing.

INGHAM COUNTY PARKS
Stay up to date with the latest news and updates regarding park and trail usage within Ingham County.
http://pk.ingham.org/
https://www.facebook.com/InghamCountyParks/

LANSING TRAILS ON ALLTRAILS.COM
Guide to favorite local walking/hiking options, often includes user generated updates on trail conditions.
https://www.alltrails.com/us/michigan/lansing

Last Updated 4/17/2020
**MSU RECREATIONAL SPORTS AND FITNESS SERVICES**
During this unprecedented time, the Department of Recreational Sports and Fitness Services is offering free virtual classes for all students, faculty, and staff. There are three ways to take advantage of this opportunity – Fitness on Demand FLEX, LIVE via Zoom Group Exercise, and Precor Spin. Specific details about each opportunities can be found [here](#).

**SHAPE AMERICA: VIRTUAL RESOURCES FOR HEALTH AND PE AT HOME**
Curriculum designed to help parents and PE teachers continue their child's physical activity while social distancing.

[https://www.shapeamerica.org/covid19-resources.aspx](https://www.shapeamerica.org/covid19-resources.aspx)

**RELATIONSHIP VIOLENCE AND SEXUAL MISCONDUCT**

**AWARE, INC. – JACKSON, MI**
Services offered include:
- Emergency Shelter
- Advocacy
- Counseling
- Kid's Club
- Supervised Visitation or Safe Exchange
- Collaborative/Sexual Assault Response Team (SART)

(517) 783-1638 (24-hour local helpline)
info@awareshelter.org
[https://www.awareshelter.org/](https://www.awareshelter.org/)

**DOMESTIC VIOLENCE HOTLINE**
At the National Domestic Violence Hotline, their highly trained expert advocates are available 24/7 to talk confidentially with anyone in the US who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspect of their relationship. All calls are free and advocates are available in more than 200 languages.

(800) 799-7233

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**END VIOLENT ENCOUNTERS (EVE)** – EVE offers a variety of services that focus on creating pathways to safety and give survivors opportunities to heal. They use a non-judgmental, supportive and strengths-based approach built around empowering survivors. All services are free and confidential. Services include: advocacy, counseling, crisis intervention, children's program and community education to survivors of many forms of violence such as domestic, sexual, stalking, and elder abuse. Emergency shelter is available through EVE.

(517) 372-5976
(517) 372-5572 (crisis line)
[https://www.eveinc.org/](https://www.eveinc.org/)

**LACASA – HOWELL, MI**
They protect, advocate for and empower victims and survivors of child abuse, domestic violence and sexual assault. Emergency shelter is available through LACASA.

(517) 548-1350
(866) 522-2725 (24/7 Toll-Free Help Line)
[https://lacasacenter.org/](https://lacasacenter.org/)

**LOVEISRESPECT**
Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. They also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat, and texting services available 24/7/365.

(866) 331-9474
Text LOVEIS to 22522*
Chat at [https://www.loveisrespect.org/](https://www.loveisrespect.org/)

**MICHIGAN SEXUAL ASSAULT HOTLINE**
The Michigan Sexual Assault Hotline is available 24/7. The hotline is confidential and anonymous. They offer crisis counseling and referrals.

(855) 864-2374

**MSU SAFE PLACE – EAST LANSING, MI**
MSU Safe Place is a program that address relationship violence and stalking. They are located on the campus of MSU and serve students, faculty, staff, their spouses/partners and non-affiliated members in the Greater Lansing area. They are committed to providing shelter and other support services in an environment that is safe and supportive to all identities, including
persons in same-sex relationships, identifying as non-binary or trans, with disabilities, and from various racial and ethnic backgrounds. Emergency shelter is available through MSU Safe Place.

(517) 355-1100
noabuse@msu.edu
http://safeplace.msu.edu/

SAFE CENTER – ST. JOHNS & OWOSSO, MI
Services offered include:
• Emergency Shelter
• Crisis Line
• Information and Referrals
• Counseling and Advocacy
• Basic Needs
• Housing Programs and Assistance
• Legal Advocacy
• Support Groups
• Prevention and Education Programs

(877) 952-7283 (24-Hour Crisis Line)
safecenter@thesafecenter.org
https://www.thesafecenter.org/

PERSONAL PROTECTION ORDER (PPO) OFFICE – LANSING, MI
The PPO Office in Lansing is currently closed. Please contact EVE for information about how to proceed.

(517) 372-5572

SIREN/EATON SHELTER, INC. – CHARLOTTE, MI
They provide emergency shelter and support services to domestic violence survivors and homeless families in Eaton County.

(517) 543-4915
(800) 899-9997 (24/7 Crisis Line)
https://sireneatonshelter.org/

STUDENT DEBT CRISIS
Student Debt Crisis is a non-profit (501c4) organization dedicated to fundamentally reforming student debt and higher education loan policies.

https://studentdebtcrisis.org/

US DEPARTMENT OF EDUCATION
Overview of immediate action taken by the Department of Education to provide student loan relief to borrowers: including setting student loan interest to 0%, suspending student loan payments, and stopping wage garnishments.

Link goes directly to press release dated 3/21/2020.

SUBSTANCE ABUSE
ASCENSION BRIGHTON CENTER FOR RECOVERY
Ascension Brighton Center for Recovery provides compassionate, personalized care to those struggling with drug or alcohol dependence. Effective March 27th, patients will need to contact Brighton’s Customer Service Representative at (810) 220-5514 and they will schedule the patient for a phone based assessment with clinical staff. After the assessment, the clinical staff will determine next steps.

(810) 227-1211
https://healthcare.ascension.org/Locations/Michigan/MIDET/Brighton-Ascension-Brighton-Center-for-Recovery

MID-MICHIGAN RECOVERY SERVICES
Offerings include information, education and treatment on an outpatient, intensive outpatient, or long-term residential basis. Accepting new clients.

(800) 372-8460 (to schedule a phone intake)
https://www.midmichiganrecoveryservices.org/about-us.html

SUBSTANCE ABUSE – ONLINE RESOURCES
ALCOHOLICS ANONYMOUS
AA offers free support groups for individuals seeking support in not drinking.

http://aa-intergroup.org/directory.php

https://studentaid.gov/announcements-events/coronavirus

Last Updated 4/17/2020
**HEALTH4U**
Health4U provides a list of programs and services located online to help people address issues and concerns related to the use of substances.

https://health4u.msu.edu/resources/andi-online-resources

**NARCOTICS ANONYMOUS**
NA offers free support groups for individuals seeking support in not using substances.

https://www.na.org/meetingsearch/

**SMART RECOVERY**
(Self-Management and Recovery Training) helps people recover from all types of addictive behaviors, including alcoholism, drug abuse, gambling addiction, and addiction to other substances and activities.

https://www.smartrecovery.org/community/calendar.php

**OTHER RESOURCES**

**211 – UNITED WAY**
Central Michigan 2-1-1 connects people in need to health and human service resources in the community. Through an easy to remember number, available 24/7, 365 days within 9 counties in Central Michigan; Clinton, Eaton, Genesee, Hillsdale, Jackson, Lenawee, Livingston, and Shiawassee Counties.

2-1-1
Centralmichigan211.org

**MSU HUMAN RESOURCES**
Keep up to date with information provided by MSU HR regarding Covid-19. Information includes FAQs, additional information regarding the Families First Coronavirus Response Act (FFCRA)

https://hr.msu.edu/news/coronavirus-faq.html

Last Updated 4/17/2020