



Physical and Mental Health Resources

The Employee Assistance Program (EAP) and Health4U at MSU are now back on campus. Appointments continue to be available via HIPAA Zoom and in-person appointments are also now available. 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

HENRY FORD HEALTH SYSTEM

Henry Ford Health System offers behavioral health services in the Jackson, MI area. Services provided include: addiction, specialized care for children and teens, inpatient psychiatric care, and neuropsychology.

(800) 531-3728

<https://www.henryford.com/services/behavioral-health>

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/

SUMMIT POINTE

Summit Point First Step is located in Battle Creek, MI. There's no need to call or set up an appointment. Available for those in need of mental health and/or substance abuse services.

(269) 966-1460

<https://www.summitpointe.org/summit-pointe-first-step/>

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/>

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.

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.

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/>

FOOD PANTRIES

To find the nearest emergency food resource to you, call 2-1-1 or visit 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.

ON-CAMPUS FOOD SERVICE

If you are working on campus, Eat at State is providing daily service. For details on locations currently open and their hours, please visit <https://eatatstate.msu.edu/faqs> 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/>

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/>

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 5rUeD02Gx9PsVenJ9MRGHv59euOXLpa9E8D3r45fA A 9r8zMK0lg-l2o\\$](https://urldefense.com/v3/http://www.med.umich.edu/pdf/oda/Bereavement.pdf;!HXcXUKc!h-hmLW 5rUeD02Gx9PsVenJ9MRGHv59euOXLpa9E8D3r45fA A 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.elsesplace.org/>

NATIONAL ALLIANCE FOR GRIEVING CHILDREN

List of Michigan-based support programs for children and teens experiencing grief.

<https://childrengrieve.org/find-support/9-find-support/28-programs-in-michigan>

GRIEF SUPPORT GROUPS

BEREAVED PARENT

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

<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/east-lansing/118158?sid=5e820775948c1e&ref=2e&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>

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://hospiceoflansing.org/patients-families/grief-support-pf/>

LANSING 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/

MICHIGAN RESOURCES ON GRIEVING

List of local Michigan support resources for those experiencing grief.

https://www.michigan.gov/documents/mdch/Resources_on_Grieving_264548_7.pdf

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.

<https://www.lbwl.com/outage-center/covid-19-update>

CONSUMERS ENERGY

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

<https://www.consumersenergy.com/company/media/news-and-information/emergency-response>

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.

<https://www.cityofeastlansing.com/2078/24072/Novel-Coronavirus-2019-COVID-19>

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

Alison Warchol
Greater Detroit Area
(248) 877-9325
Warchol.alison@gmail.com

Aimee Tuck
Ann Arbor, Ypsilanti, SE Michigan (including Detroit)
(734) 707-7661 *text or call
atuck.psi@gmail.com

Danielle Gordon
Detroit and North (Thumb Area)
(248) 462-6262 *text or call
dsgordon0528@gmail.com

Laura Taylor
Northern Michigan & Upper Peninsula
(231) 714-4489 *text or call
Lauratpsi21@gmail.com

Nancy Roberts
West Michigan
(616) 391-5000
Nancy.Roberts@spectrumhealth.org

**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.

<https://www.theatlantic.com/health/archive/2020/03/coronavirus-gyms-exercise-social-distancing/608278/>

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>

MSU RECREATIONAL SPORTS AND FITNESS SERVICES

The Department of Recreational Sports and Fitness Services is available to MSU constituents. To determine your eligibility, the price to utilize their services, and class offerings please visit:

<https://recsports.msu.edu/index.html>

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>

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/>

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

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/>

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/>

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/#>

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/>

SAFECENTER – ST. JOHNS & OWOSSO, MI

Services offered include:

- Emergency Shelter
- Crisis Line
- Information and Referrals
- Counseling and Advocac
- 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 LOANS

FEDERAL STUDENT AID UPDATES

Federal student loan forbearance information, resources, FAQs, and news. Includes relevant information for borrowers, students, and parents.

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

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.

<https://www.ed.gov/news/press-releases/readout-us-department-educations-covid-19-conference-call-higher-education-stakeholders>

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>

HENRY FORD HEALTH SYSTEM

Henry Ford Health System offers behavioral health services in the Jackson, MI area. Services provided include: addiction, specialized care for children and teens, inpatient psychiatric care, and neuropsychology.

(800) 531-3728

<https://www.henryford.com/services/behavioral-health>

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>

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-faqs.html>