



# HEALTH AND WELLBEING SERVICES

University Health and Wellbeing offers a wide variety of services and programs to support the Spartan community. No matter your health and wellbeing goals, UHW is here to help. Explore all services at [uhw.msu.edu](http://uhw.msu.edu).



## Services Availability Key:

◆ Undergraduate Students  
❖ Graduate Students  
▶ Graduate Student  
Employees and Assistants

■ Faculty and Staff  
▲ Alumni  
● Community  
⌘ Retirees

## ACCESSIBILITY AND ACCOMMODATIONS

### Resource Center for Persons with Disabilities (RCPD)

**517-884-7273**  
**[rcpd@msu.edu](mailto:rcpd@msu.edu)**

The Resource Center for Persons with Disabilities (RCPD) works to create an inclusive MSU environment by working with students, faculty, and staff experiencing disability (physical, medical, and/or mental condition that substantially limits major life activities) related barriers to identify reasonable accommodations and other potential supports.

**Availability:** ◆❖■

**Cost:** Free



## BASIC NEEDS

### MSU Food Bank and Basic Needs

**517-432-5136**

The MSU Food Bank and Basic Needs program addresses challenges related to limited food access and nutritional quality. The Food Bank and Basic Needs Program is open year round to provide fresh dairy, produce, proteins, personal hygiene items, and more for those experiencing food and basic needs insecurity.

**Availability:** ◆❖■

**Cost:** Free



## FITNESS AND NUTRITION

### Nutrition

**517-353-4660**

Nutrition offers confidential counseling to address a variety of nutrition-related concerns using a non-diet and weight-neutral approach.

**Availability:** ◆❖■

**Cost:** Free



## FITNESS AND NUTRITION (CONTINUED)

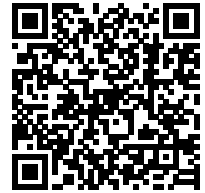
### SPARTANfit

SPARTANfit@msu.edu

SPARTANfit offers comprehensive fitness assessments, functional movement screenings, body composition analysis, and in-person or virtual wellness coaching sessions to help support the health and wellbeing of all Spartans.

**Availability:** ◆◆◆

**Cost:** Several services are free, while others may incur a fee.



## MEDICAL CARE SERVICES

### 24/7 Phone Information Nurse

517-353-5557

A 24-hour phone information nurse line provides medical advice and guidance on whether current symptoms need immediate medical attention.

**Availability:** ◆◆

**Cost:** Free



### Primary Care and Gynecology

517-353-4660

Primary Care and Gynecology provide comprehensive care of both short- and long-term medical issues, including illness, injury, mental health medication management (depression, anxiety, ADHD), STI testing, immunizations, yearly physicals, and contraception options.

**Availability:** ◆◆

**Cost:** Three prepaid visits available per academic year. All other visits are billed to insurance.



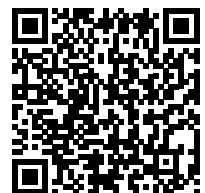
### Occupational Health

517-353-9137

Occupational Health provides medical assessment, monitoring, intervention, and evaluation related to occupational risks.

**Availability:** ◆◆

**Cost:** Free



### Travel Clinic

517-353-3161

The Travel Clinic provides guidance on appropriate vaccines and preventative medication to support safe and healthy travel.

**Availability:** ◆◆◆▲●

**Cost:** Consultation fees apply and payment is due the day of service.



# HEALTH PROMOTION

## Alcohol and Other Drugs (AOD)

The Alcohol and Other Drugs program empowers individuals with education, resources, and support to make informed decisions and reduce the risks associated with substance use.

**Availability:** ◆◆◆

**Cost:** Several services are free, while others may incur a fee.



## Collegiate Recovery Community (CRC)

[recovery@msu.edu](mailto:recovery@msu.edu)

Collegiate Recovery Community supports students who are in or seeking recovery from substance use disorder, as well as allies, to empower students to thrive in the fullness of the college experience, free from alcohol and other drugs. This includes 24/7 lounge space, weekly peer support meetings, sober community connection events, recovery housing, and more.

**Availability:** ◆◆◆▲

**Cost:** Most services and events are free. Recovery Housing is priced at the standard University room rate.

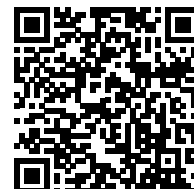


## Sexual Wellness

The Sexual Wellness program offers education and resources that promote sexual health and wellbeing. On-campus students can also request safer sex supplies, delivered discreetly through campus mail.

**Availability:** ◆◆

**Cost:** Free



## Spartan Resilience Education

[spartanresilience@msu.edu](mailto:spartanresilience@msu.edu)

Spartan Resilience provides opportunities to develop or strengthen the skills needed to effectively respond to personal and unique challenges

**Availability:** ◆◆◆▲⌘

**Cost:** Free



## Health Promotion for Faculty and Staff

[uhw.hpeaa@msu.edu](mailto:uhw.hpeaa@msu.edu)

Health Promotion for Faculty and Staff offers a wide variety of programming - including webinars, meditation sessions, and stress-relief programs - to help you balance work and personal life, manage stress, and incorporate movement into your workday.

**Availability:** ■

**Cost:** Free



# MENTAL HEALTH AND TRAUMA SUPPORT

## Center for Survivors

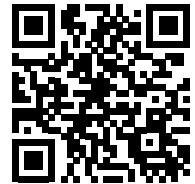
Non-Crisis: **517-355-3551**

24/7 Crisis Hotline: **517-372-6666**

24/7 Sexual Assault Healthcare Program: **517-353-2700**

The Center for Survivors' staff provides trauma-informed, confidential counseling, advocacy, workshops and more to survivors of sexual assault, interpersonal violence, and stalking.

- Safe Place shelter provides emergency shelter and support to survivors of intimate partner violence and stalking
- Sexual Assault Healthcare Program provides 24/7 support to adults who have been sexually assaulted in the last 5 days



**Availability:** ◆◆◆●

**Cost:** Free

## Counseling and Psychiatric Services (CAPS)

Regular hours: **517-355-8270**

24/7 Crisis Care: **517-355-8270, Press 1**

CAPS staff are trained to provide mental health counseling, referral coordination, and guidance to help access resources that best support healing, growth, and a sense of belonging. Individual, couples, and group counseling available.

**Availability:** ◆◆

**Cost:** Free



## Employee Assistance Program (EAP)

**517-355-4506**

**eap@msu.edu**

The Employee Assistance Program provides confidential, in-person or virtual counseling to help navigate any challenges that work or personal life may bring (1-6 sessions of counseling per life event).

**Availability:** ▶◆⌘

**Cost:** Free

