



# COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

CAPS works to connect students with the most appropriate available care for their health, well-being and success. Counseling services (such as individual, group or relationship counseling) are free for students. Services available include:



## CAPS CONNECT

- Free and confidential
- 10- to 15-minute consultation with a CAPS counselor
- Open to all enrolled MSU students



## LGBTQ+ SERVICES

- Non-judgmental counseling and support
- Counselors who work from a multicultural perspective



## PSYCHIATRY

- Evaluation and treatment, including prescribing medication, lab orders, and referrals to other professionals
- First three visits are free for enrolled MSU students\*



## ADHD SERVICES

- Support and information about transferring the ongoing management of ADD or ADHD medication to MSU



## INTENSIVE CLINICAL SERVICES UNIT (ICSU)

- Individual or group psychotherapy
- Psychiatric services
- Support system interventions
- Case management & advocacy
- Student-centered hospitalization support and coordination (if needed)



## REFERRAL COORDINATION

- Help for connecting with off-campus therapeutic or psychiatric care
- Available to MSU students and their spouses or partners.



## CRISIS SERVICES

- 24/7 crisis counseling (call 517-355-8270, press 1 at the prompt)
- Text, hotline, online chat, and other resources
- Safety planning resources



## OUTREACH SERVICES

- Listening spaces for students to share and connect
- Presentations and training for campus and community partners