



## STUDENT HEALTH AND WELLNESS

Health and safety have a big impact on student success. Each of the five departments that make up Student Health and Wellness — Student Health Services, Counseling and Psychiatric Services (CAPS), Health Promotion, Center for Survivors, and Safe Place — provide programs and services for students year-round.

For more information about all Student Health and Wellness departments and services, visit [studenthealth.msu.edu](http://studenthealth.msu.edu).

### STUDENT HEALTH SERVICES

The Student Health Services team provides preventative health care and services for illness and injuries. Services (available by appointment) include primary care, gynecology, physical therapy, radiology and laboratory, as well as an allergy and immunization clinic. **Registered MSU students are not charged for the first three medical office visits each academic year** (some services, such as laboratory tests or x-rays, are billed separately). For information about these and other services, visit [olin.msu.edu](http://olin.msu.edu).

### HEALTH PROMOTION

The Health Promotion department provides a variety of programs, presentations and health information to help students achieve academic success by supporting their well-being. Services include fitness assessments and wellness coaching, nutrition and body image education, alcohol and other drug education, the Collegiate Recovery Community, and more. **Most of these services are free for students.** The department regularly collects, applies and shares data that informs programming and helps to predict well-being trends. More information about Spartan health trends and health-related data is available on at [healthpromotion.msu.edu](http://healthpromotion.msu.edu).

### COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

CAPS works to connect students with the most appropriate available care for their health, well-being and success, including referrals to other on- and off-campus services and resources. CAPS services include short-term individual, group and relationship counseling, as well as psychiatry, outreach, post-hospitalization and crisis services. **Counseling services and the first three lifetime psychiatric visits are free for students.** Students can access 24/7 virtual crisis counseling by calling CAPS at (517) 355-8270 and pressing “1” at the prompt to speak with a crisis counselor anytime. Visit [caps.msu.edu](http://caps.msu.edu) to learn more.

