



## **CAPS 24/7 Crisis Line**

517-355-8270

Press “1” to speak with a crisis counselor  
[caps.msu.edu](https://caps.msu.edu)

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## **Schedule Your Appointment**

Ready to explore options to support your mental health? Schedule a consultation with CAPS online!

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## **CAPS Groups**

Receive support and learn skills with other students facing similar situations.

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## **CAPS Connect**

Brief, free, confidential conversations with a CAPS provider, as needed.

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## **Outreach**

Presentations, trainings, and collaboration for mental health events on campus.

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## **Resources**

Explore self-guided and other resources available to students, their families, faculty, and staff.