



CAPS 24/7 Crisis Line

517-355-8270

Press “1” to speak with a crisis counselor
caps.msu.edu



Schedule Your Appointment

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



CAPS Groups

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



CAPS Connect

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



Outreach

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



Resources

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