MENTAL
HEALTH
SPOTLIGHT

CAPS Services

- Crisis Resources:
  - CAPS 24/7 crisis line: 517-355-8270 then press "1" when prompted to speak with a counselor
  - National Suicide Prevention Lifeline: 1-800-273-TALK
  - Trevor Lifeline: 1-866-488-7386

- Virtual care kit and resources
- CAPS Connect
- Referral services
- Group Therapy
- Individual therapy
- Psychiatric assessment and treatment
- To access any of these or learn more, visit our website: https://caps.msu.edu

What to do while you wait…

Waiting for an appointment with a mental health care professional is a frustrating part of the process.

Things to do to help cope while you wait: CAPS Connect, virtual care kit, crisis line

Keep a line of communication open with CAPS or your future service provider-check on wait times, cancellation list

If you have a family doctor's office-that is another route to care

Track your mood

Write down your goals and hopes for treatment

Peer support or mentor support-helps you feel less alone

What to do while you wait:

- Meditation/mindfulness app/podcasts
- Curate a positive social media feed and limit time on social media
- Focus on getting sleep and keeping a consistent routine
- Focus on what you can control
- Inform family or friends
- Get outside for some daylight
- Eat nourishing foods
- Be kind to yourself and others

ACTION STEPS TO PROMOTE MENTAL HEALTH AND WELL-BEING

PROTECT

- PROTECT: sleep, nutrition, movement, avoid substances, limit social media

REFLECT

- REFLECT: daily gratitude, mindfulness activity, journaling, nature

CONNECT

- CONNECT: with close family or friends, with pets, with community, activism and volunteering

International students

- Academic pressure
- Peer relationships
- Career trajectory
- Time management
- Transportation
- Money management
- Identity conflicts
- Family pressure
- Acculturation stress
- Xenophobia
- Isolation

- In addition to these existing stressors, the pandemic has contributed to increased uncertainty, stress, immigration/travel changes, anxiety around job search, online learning