

MSU Resources

CAPS 24/7 Crisis Line: Call 517-355-8270, then press “1” to speak to a mental health professional

Togetherall: free peer support community when you register with MSU email

<https://account.v2.togetherall.com/register>

Individual Therapy at Counseling and Psychiatric Services (CAPS): free for enrolled students; get started using this link: <https://caps.msu.edu/schedule/>

Community Resources

Michigan Therapists:

[Harmony in Hues](#) (East Lansing)

<https://www.internationaltherapysolutions.com/contact>

Search for your own provider using filters: <https://www.psychologytoday.com/us>

Nationwide Therapists:

[Black Mental Health Alliance](#)

[Black Emotional and Mental Health Collective \(BEAM\)](#)

[Therapy for Black Men](#)

Other Resources:

[The Dinner Party](#)

[Melanin and Mental Health](#)

[The Steve Fund](#)

[The Grief Safe Space](#)

<https://healgrief.org/the-mourners-bill-of-rights/>