



SPARTANS WILL.

Health and Wellness Resources at MSU

Resource Center for Persons with Disabilities (RCPD)

Welcome Orientation Workshop

<https://www.rcpd.msu.edu/>

MSU Olin Health Center

- [Olin Health Center](#) is the primary health care facility for MSU students. Health Services and related support services include primary care, allergy/immunizations, sports medicine, massage therapy, laboratory, radiology, pharmacy, and physical therapy
- Students also have the option of receiving primary care services in the Neighborhood clinics located in Brody, Holden, Hubbard and McDonel halls.

Michigan State University Counseling and Psychiatric Services (CAPS)

<https://caps.msu.edu>

- (CAPS) is the place on campus for students seeking help for a wide range of concerns, including depression, anxiety, stress management, homesickness, adjustment or acculturation, relationships, gender identity and sexual orientation (LGBTQ) concerns, substance abuse, trauma, eating or body image concerns, and other personal mental health concerns.
- CAPS is located in the Olin Health Center with a secondary location in the MSU Student Union.

Health Promotion Department

- As part of Student Health & Wellness Services, the Health Promotion Department challenges the health attitudes, behaviors, and perceptions of the MSU community through education, environmental management, and harm reduction efforts so that Spartans are free to pursue their personal and academic goals.
- Health Promotion provides services to address the health promotion, education, and prevention needs of MSU students.
- The department offers a wide array of campus and classroom educational programs, health promotion campaigns, and other health promotion strategies, including
 - [Alcohol & Other Drugs Education and Referral](#)
 - [Nutrition Counseling](#)
 - [HIV Education, Counseling & Testing](#)
 - [SPARTANfit Fitness & Wellness Program.](#)

MSU's Collegiate Recovery Community (CRC)

- Housed in the Health Promotion Department, MSU's Collegiate Recovery Community (CRC) serves students in or seeking recovery from alcohol and other drug addiction.
- Their mission is to provide a safe and supportive campus community in which students in recovery from addiction can achieve their academic, personal and professional goals.
- The CRC and its services are designed to empower students to thrive in the fullness of the college experience, free from alcohol and other drugs.

Recreational Sports and Fitness Services

- MSU offers wide-ranging fitness opportunities for Spartans through Recreational Sports and Fitness Services including classes, adaptive rec, aquatics, and club sports.

UGS 110 is our 1-credit freshman seminar course titled *Maximize Ability and Resiliency at MSU*

- UGS 110 is our 1-credit freshman seminar course titled *Maximize Ability and Resiliency at MSU*. Two specialists from our office teach the course! We know the transition from high school to college can be challenging and intimidating, which causes many students to overlook their abilities. In this small, interactive class, you can explore ways to build resiliency, establish and maintain healthy habits, expand your connections to the MSU community, and identify resources and support systems that you will use to succeed at MSU and beyond.
- If you are interested in being pre-enrolled, let your specialist know! You can also speak with your academic advisor about the course.

Contacting RCPD

If you have questions are welcome to...

- Call the RCPD front desk at 517-884-RCPD (7273)
- Contact your assigned Ability Access Specialist by visiting our [Team RCPD page](#)

