

US@MSU



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Dear Spartan,



We understand death is a hard thing to talk and think about in general, 3.01 million people have died due to Covid-19. Many families have had to carry the burden of not only losing loved ones but also how they would afford to say a proper goodbye in a funeral/memorial service. In

March 2021, the national unemployment level of the United States stood at about 9.71 million unemployed persons. Becoming unemployed has enough toll in itself, having to deal with a lack of financial stability and how to make arrangements due to a loss of a loved one could cause mental health issues. US@MSU would like to send our deepest condolences to any Spartan who has lost a loved one, our hearts and thoughts go out to you. We have attached

Coronavirus (COVID-19) Funeral Assistance form to help those who may be in need of funeral assistance. Again we would like to say sorry to all of our students who have been impacted by COVID-19 in any way. It is our hope that our newsletters has been able to relieve some of the burdens this pandemic has caused. Attached to this email is a resource for funeal assitance.



Spartan students find support to stay well

The last few semesters has not been like any other, but while Michigan State University students are learning remotely, they are not alone. Michigan State University faculty and staff has been working hard to provide students with resources to be a help in these severe times.

Mental health and emotional well-being are critical to academic success, and MSU offers students a wide range of resources for managing stress, staying mentally well and finding professional counseling.

Health and wellness resources

Here are some places to turn to if you need help.

Center for Survivors: Find services for survivors of sexual assault, from therapy and advocacy to a crisis hotline.

Counseling and Psychiatric Services: Mental and emotional health are critical to academic success. Find health resources or reach out to trained counseling staff.

LBGT Resource Center: This student-centered campus resource works to celebrate, affirm and empower LGBTQA+ members of the MSU community through education, engagement, advocacy and student support.

MSU Health Promotion: Find services that address the health, education and prevention needs of MSU students, from nutrition counseling, recovery programs, fitness and wellness and more.

MSU Student Food Bank: The MSU Student Food Bank serves MSU students experiencing food insecurity by providing free food and related items.

Olin Health Center: The primary health care facility for MSU students. Learn more or make an appointment.

Recreational Sports and Fitness: Take care of your physical health by joining virtual classes taught by MSU fitness instructors.

Remote wellness resources: If you're feeling overwhelmed or in need of connection, find someone to talk to or join a virtual listening space with fellow MSU students.

Spartan Fit: Find diverse fitness and wellness services and resources geared toward MSU students.

Student Parent Resource Center: Find support, resources and campus and community connections for MSU student parents.

Student Veterans Resource Center: Provides transition services and support for student veterans.

Virtual Care Kit: The Virtual Care Kit offers wellness strategies, coping skills and resources for finding connection and meaning.

Together We Will: Find more health and wellness services on MSU's website for COVID-19-related updates and resources.

Resources provided by: Meredith Mescher

