Extremely Aware

Sexual Assault Awareness:
- Sexual assault is any unwanted sexual contact forced or coerced upon someone against her or his will.
- Nearly all rapes on campus are committed by an acquaintance.
- Most sexual assaults occur in the residence hall or home of the victim or perpetrator.
- Alcohol is the number one date rape drug.
- The MSU Sexual Assault Program offers a 24 hour hotline (372-6666); medical, legal, and judicial advocacy for students going to the hospital, police interviews, court, or through the MSU judicial process; we offer individual and group counseling; outreach and educational programs; and volunteer opportunities.
- To schedule an appointment, an educational program, or for volunteer information, call the Sexual Assault Program office in the Counseling Center at 355-3551.
- Late night transportation: CATA Night Owl Service (Fall and Spring Semesters only, on campus).
  Dial 432-8888 - should arrive within 20 minutes.
- MSU Women’s Resource Center offers assistance for those who believe they have been or are experiencing sexual harassment.

If you or a friend are sexually assaulted:
- Do not bathe, douche, brush your teeth or change clothes.
- Call the 24 hour hotline (which is anonymous and confidential). The crisis advocate will provide you with support and information to help you decide what to do next.
- If you are injured, or the assailant may still be nearby, call 911 for help.

MSU Sexual Assault Program
endonrape.msu.edu
14 & 207 Student Services
Sexual Assault 24 hour Hotline: 372-6666
Sexual Assault Program Office: 355-3551
TTY: 517-353-7278

Extremely Alert

The MSU Police Department has eight Community Team Policing Offices. The office locations and telephone numbers for each are listed below. Community Team Police officers are there to assist YOU! So, please stop by and personally meet your area’s CTPO. If the CTPO is not available, call 355-2221 for non-emergencies and 911 for emergencies. For more information visit our website at police.msu.edu

Team 1
125 Brody.................................432-1195
154 Campbell............................353-5525

Team 2
Main Library.............................353-5448
Phillips...................................353-4394

Team 3
Spartan Village.........................884-1732
C121W Holden.........................353-5544

Team 4
Clinical Center Lobby..............353-5483
Shaw Ramp Office....................432-1118

Safety Tips:
- Do not leave anything of value unattended.
- Engrave your driver’s license number on all valuable property.
- Always lock your door – never let people you don’t know into the living wings of your residence hall.
- Report suspicious activity to the police.
- Know where the emergency green light phones are located.
- Register your bicycle for free on the MSU Police Department website at police.msu.edu
- It is illegal to possess and/or consume alcoholic beverages if you are under the age of 21.

Students should register their cell phone number each year for the MSU Emergency Text Message Notification System at etext.msu.edu

Extremely Prepared

ALERT AWARE CARING SAFE HEALTHY SPARTANS

CAMPUS SELF-HELP RESOURCES FOR

MICHIGAN STATE UNIVERSITY

MSU Police Department
police.msu.edu
87 Red Cedar Road
For Emergencies: Call 911
Non-Emergencies: 355-2221
**Extremely Healthy**

**Medical Services:**
- Primary Care
- Women’s Health
- Psychiatry
- Allergy and Immunization Clinic
- Physical Therapy and Orthopedic Services
- Neighborhood Clinics

**Pharmacy Services:**
- Prescriptions
- Delivery Service
- On-Line Refills

**Additional Services:**
- Phone Information Nurse
- Courtesy Van
- X-Ray and Laboratory Services

**Health Education Services:**
- Nutrition Counseling
- Sexual Health Promotion
- HIV Testing/Counseling
- LIFER Fitness Evaluations
- Alcohol and Other Drug Services

**Ways You Can Get Involved:**
- Olin Health Advocacy
- Student Health Advisory Council (SHAC)
- Employment Opportunities
- In Your Face Theatre Troupe

**General Hours:**
- M-F 8am-6pm • Sat. 10am-1pm
- Breaks/Summer: M-F 8am-5pm

**Pharmacy Hours:**
- M-F 8am-6pm • Sat. 10am-1pm
- Breaks/Summer: M-F 8am-5pm

**24 Hour Phone Information Nurse:**
- Call 517-353-5557, 7-days a week.

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**Extremely Caring**

The MSU Counseling Center offers students registered at MSU services for a variety of problem areas including depression, anxiety, substance abuse, stress, family relationships, career decision making, academic distress, racial and cultural identity, LGTB related issues, interpersonal conflicts and sexual assault.

**Specific services offered include:**
- Group counseling
- Limited short-term individual & couples counseling
- Career development counseling
- Multicultural counseling through the Multi-Ethnic Counseling Center Alliance (MECCA)
- Testing services (e.g., vocational inventories, grad school entrance exams)
- Sexual assault and safety education
- Substance abuse assessment and counseling
- Prevention Outreach Services
- Suicide Prevention Programming

Students can phone (355-8270) or come in to room 207 Student Services for a consultation appointment with one of the Counseling Center staff members.

**Hours:**
- M-Tu 8am-7pm • W-F 8am-5pm
  (Walk-ins welcome up to an hour prior to closing)

Please visit our web page for additional info.

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**Extremely Safe**

**MSU Safe Place** offers these services to help:
- Temporary safe shelter
- Counseling & support groups
- Court accompaniment, help with school, escort to and from class or work
- Community educational programs

**Recognize Unsafe Patterns in a Relationship:**
- Emotional abuse
- Stalking
- Physical abuse
- Threats
- Sexual abuse

**Ways You Can Help:**
- Refer a friend or colleague
- Volunteer for child care, crisis intervention or public speaking
- Help at fundraising or special events
- Give financial or in kind donations (all donations are tax deductible)
- Intervene safely or call for help if you see someone getting hurt.

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**Please do what you can to help yourself and others STAY SAFE in their intimate relationships. It can happen to anyone.**