



Counseling & Psychological Services



Mental Health Problems Are Treatable. Ask For Help!

Making an Appointment...

By phone: 734-487-1118

In person: 1075 N. Huron River Dr.

What Services Are Available?

Individual Therapy

Couples Therapy

Group Therapy

Psychiatry Services

Therapy services are free. There are fees associated with psychiatry visits and some insurances are accepted.

Is My Situation Urgent?

Urgent appointments are available for the following:

- Thoughts of suicide
- Thoughts of harm to others
- Recent sexual or physical assault
- Hearing voices or seeing things that others don't
- Recent death of a close loved one
- Speech that is bizarre, paranoid or does not make sense

Coping & Calming Strategies

- Take 3-4 slow, deep breaths.
- Talk to a friend or family member.
- Listen to your favorite song.
- Take a cold shower.
- Count backward from 100 by 3s.
- Count colors/shapes in the room.
- Study the details of an object.
- Visualize a relaxing scene with all 5 senses (e.g., at the beach).

- Tense and relax your muscles.
- Use positive self-talk statements.
- Go for a nature walk.
- Hold ice on your hand or neck.
- List an animal for each letter A-Z.
- Eat Fireballs or Lemonheads.
- Do your favorite stretch.
- Put a cold rag on your forehead.

Emergency Resources

CAPS After-Hours Line: 734-487-1118

National Suicide Prevention Lifeline:
800-273-8255

Crisis Text Line: Text "Hello" to 741741

EMU Campus Police: 734-487-1222

St. Joseph Mercy Hospital: 734-712-3000

U of M Psychiatric ER: 734-996-4747

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1075 N. Huron River Dr., Ypsilanti, MI 48197

Phone: 734-487-1118

Website: emich.edu/caps



EASTERN MICHIGAN UNIVERSITY

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