



800-521-1377

MCSC-ESP@Michigan.gov

Michigan.gov/ESP

Our Mission:

To provide the highest quality professional and confidential assistance to state employees and their eligible family members to promote wellness and to prevent or resolve personal or organizational issues that may interfere with work productivity, home life, or behavioral health.

Individual Consultation by Video or Phone

Assessment, referrals and supportive follow-up for employees and family members. Provision of resources and screening of paneled treatment providers on all State of Michigan insurances.

Management Consultations by Video or Phone

Consultations regarding work unit or employee concerns, grief and loss, traumatic incidents, safety or risk concerns, or how best to refer an employee to the program.

Critical Incident Stress Management (CISM) Services

Provides support to employees after a traumatic incident.

Wellness Sessions

Includes on-demand and recorded sessions, monthly drop in webinars, mindfulness groups, and other special topic live events.

Web-Based Resources

Visit Michigan.gov/ESP for a variety of web-based resources on different work/life areas.