

THE CENTER FOR STUDENT MENTAL HEALTH & WELL-BEING

Programs & Resources - Fall 2023

PRIORITIZING YOUR WELL-BEING



Individual Counseling

Goal-focused counseling support.
Online scheduling is available for new clients!



TELUS Health Student Support

24/7/365 student support on demand*. Download the app or call 1-877-376-7896
*wait times may vary



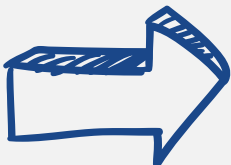
Health and Well-being

Get involved and join us for events happening throughout the semester!



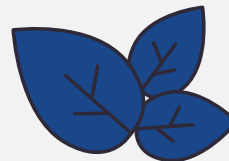
Medication Management

A Nurse Practitioner is on staff to assist and manage medication



eCHECKUP TO GO

eCHECKUP TO GO
Alcohol, Cannabis, & Nicotine resources



Therapy for Social Anxiety

Find the right support option for you!

CONNECT WITH THE CENTER



@mtu_wellbeing



Michigan Tech
Well-being



3rd Floor
Admin Building



(906) 487-2538



counseling@mtu.edu

Support & Therapy Groups

All groups will be held in the Administration Building, Room 313

Stress & Anxiety Management

Each group will offer the opportunity for participants to connect with others while learning strategies to manage stress and anxiety. No sign-up needed, just drop in.

Tuesday @ 11 AM OR Tuesday @ 3 PM

Wednesday @ 10 AM OR Wednesday @ 2PM

Skills Building Class

In a class format, this group provides participants with hands-on skills to help improve tolerating big emotions and navigating healthy conflicts within relationships. Email Kelli Garrison at kgarriso@mtu.edu to inquire about participating in the group.

Monday @ 4 PM

Thursday @ 11 AM

On Demand Groups

On-demand groups will be offered as needed. In the past, these groups have included the graduate support group, the grief and loss support group, and the managing depression group.

Email counseling@mtu.edu to request additional information.

SAVE THE DATE

Depression Screening

September 28th

10 AM - 2 PM

Library Room 243



Depression Support Workshops

Series #1:

Tuesdays 10 AM-11AM
(10/03, 10/10, & 10/17)

Series #2:

Mondays 3 PM-4 PM
(10/02, 10/09, & 10/16)

Administration Building, Room 313

HUSKY HOUR SERIES

Join guest speakers on the 1st and 3rd Thursday of each month from 4-5 PM for an hour of hands-on learning.

September 7th - Communication

Location: Library East Reading Room

September 21st - Harm Reduction

Location: Library East Reading Room

October 5th - Mindfulness and Distress Tolerance

Location: Library East Reading Room

November 2nd - Healthy Relationships with Alcohol & Marijuana

Location: Wads G17/G19

November 16th - Fear(less)

Location: DHH Ballroom

December 7th - Healthy Habits & Routines

Location: McNair Glass Lounge

SPECIAL SEMESTER EVENTS

Game Nights

September 6, October 4,
November 1, & December 6

Location: Wads Annex

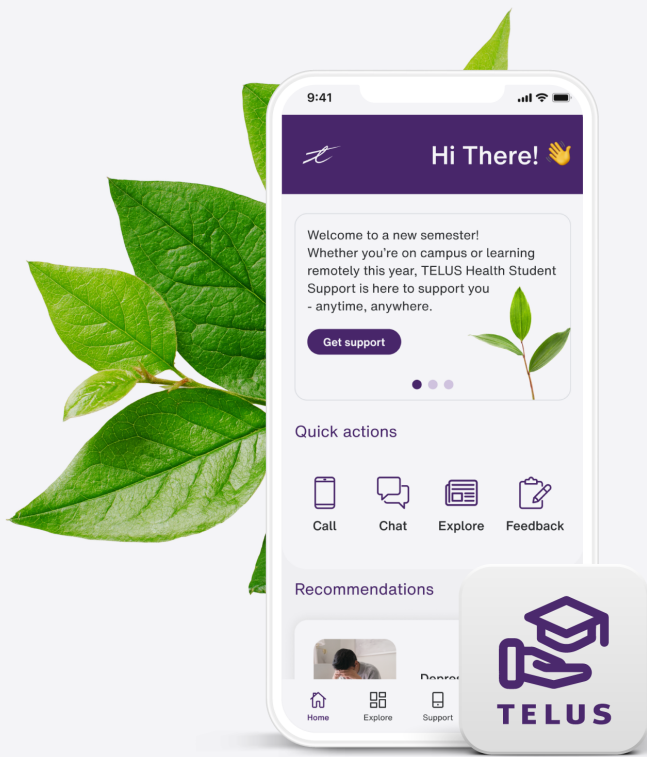
Time: 6-8 PM

Cookies & Coloring

September 15, October 13, &
November 10

Location: CDI Basement

Time: 1-3 PM



Get the support you need with the **Student Support app.**

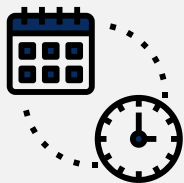
Connect with us 24/7 for free, confidential mental health and wellbeing support.
Call. Chat. Anytime. Anywhere.



Be Well



Huskies are always on the move! Let us help you keep your well-being in tip-top shape all year long. The Be Well initiative is the Husky "how-to" to overall Well-being.



Online Scheduling Now Available

Use the new online scheduling request form to schedule your initial counseling appointment.



Student Mental Health and Well-Being
Michigan Tech.
mtu.edu/well-being



Learn more about what we offer at The Center!