

MORE WELL-BEING EVENTS

BOARD GAME NIGHTS

Stop by on the following dates to hang out and play board games with Jim!
6–8pm

- January 8th at the WADS Annex
- February 5th at the MUB Commons
- March 5th at the WADS Annex
- April 2nd at the WADS Annex

COOKIES & COLORING

Come by the **Hamar House basement** from 2–4pm on the following Fridays for free cookies and de-stress by coloring!

- January 10th
- February 14th
- March 14th
- April 11th

DEPRESSION SCREENING

On **January 21st**, drop by the **Library Rooms 243/244** (by the bridge to Rekhi) anytime between **10am–2pm** for a free depression screening to help determine if counseling services are right for you.

THERAPY LIGHT WORKSHOP

Warm up with free hot cocoa and explore how seasonal affective disorder (SAD) and sunlight affect our bodies; join us in the **Hamar House** from 2pm–4pm on **Monday, February 10th**

WINTER CARNIVAL WELL-BEING

February 4th, 11am–1pm - Cocoa and Contraceptives

Come get some free hot chocolate and contraceptives from the **Library Exhibit Space** to prepare for Winter Carnival!

February 5th, 6–8pm - Board Game Night

Join **Jim** in the **MUB Commons** for board games during the all-nighter!

February 5th, 7–9pm - Mocktails

Free non-alcoholic drinks will be available **inside the MUB Commons** or outside the MUB (weather dependent) during the all-nighter.

February 6th, 6–9pm - Bigfoot Glowshoe

Snowshoe the glowstick-lined Michigan Tech Trails, starting at the Nordic Waxing Center. Pre-register through the MTU Ticket Office by February 4th for a time slot. Snowshoe rental is also available.



More information and events can be found at mtu.edu/well-being/student-services/events/

LET'S TALK

Let's Talk provides easy access to free, informal, and confidential individual consultations with a Michigan Tech counselor who will listen to a specific concern, provide support, explore solutions, and give information about available resources. Stop by the **Hamar House Basement** between **1pm–3pm** on the days below to start a conversation.

- Tuesday**
January 14th
- Friday**
February 19th
- Monday**
March 17th
- Wednesday**
April 16th



LET'S TALK WITH JIM

Every Thursday from 6–8 PM in Wadsworth Hall Room 124W
(Reserved for Students Living in the Residence Halls)

Let's Talk is not a substitute for formal counseling. Let's Talk is not designed to provide emergency or crisis support. If you are experiencing a mental health crisis, contact TELUS Health at 1-877-376-7896.



Peer Awareness for Well-being & Support Program

Peer Awareness for Well-Being & Support, or P.A.W.S., is a training program for students passionate about campus mental health awareness & support. Scan the code to learn more, or head to mtu.edu/well-being/get-involved/paws/



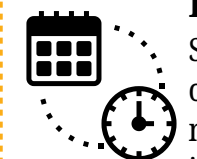
TELUS HEALTH STUDENT SUPPORT

The TELUS Health Student Support App is a 24/7 telehealth counseling support service that offers free online resources & master's level student support counselors who can help you succeed while at Michigan Tech. Customize your experience with preferred methods of communication (chat, phone or video), with options for multilingual, identity, and cultural matching support. Individual counseling appointments are available upon request.

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

Downloading the free Student Support app is quick and easy. Browse health and wellness resources on the go, start a live chat or speak with a counselor – anytime, anywhere.

Download on the **Google Play** | **App Store**



Initial Online Appointment Scheduling

Scan the code to schedule your first counseling appointment online with our Center for Student Mental Health & Well-being, or head to mtu.edu/well-being/student-services/individual-counseling/ for more information about scheduling an appointment.



THE CENTER FOR STUDENT MENTAL HEALTH & WELL-BEING



Programs & Resources - Spring 2025

PRIORITIZING YOUR WELL-BEING



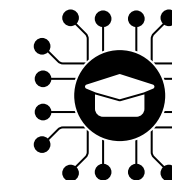
Individual Counseling

Free goal-focused counseling support for any MTU student. Online scheduling is available for new clients!



Medication Management

Our nurse practitioner is on staff to assist with and manage medication by referral from a Michigan Tech counselor.



TELUS Health Student Support

24/7/365 student support available. Download the app or call 1-877-376-7896. Wait times may vary. Access anonymous peer-to-peer support with Community.



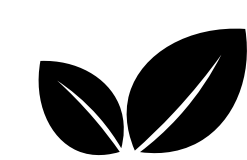
CampusWell

Strengthen your wellness with content grounded in the latest science on how to be happy, healthy, and prosperous. mtu.campuswell.com



eCHECKUP TO GO

Check in with your substance usage habits & find Alcohol & Cannabis resources.



Therapy for Social Anxiety

Find the right support option for you using this online treatment program!

CONNECT WITH THE CENTER



@mtu_wellbeing



Michigan Tech Well-being



counseling@mtu.edu



(906) 487-2538



3rd Floor Admin Building

HUSKY HOUR

January 16th - Behind the Buzz Bingo

4–5pm in the Library East Reading Room

Join guest speaker Gail Ploe from the Western Upper Peninsula Health Department for a hands-on discussion about debunking common alcohol and drug myths. Come relax and play bingo... You might even win a prize!

Activity: Bingo

January 23rd - Caring for your Nervous System

4–5pm in the Library East Reading Room

With a new semester starting, we could all use a reset. Learn how to stay in, or return to, a regulated state with your nervous system through guided, experiential-based techniques.

Activity: Create Your Own Stress Relief Flip-Cards

February 11th - Rewriting Your Body Narrative

4–5pm in the Library East Reading Room

Let's shift the narrative about our body image! Join us for an empowering presentation on body neutrality a healthy approach to how we view and treat our bodies. Come hang out and make a collage while you learn more about what body neutrality is and why it matters, how to focus on what your body can do and walk away with practical tips on building a healthier relationship with yourself.

Activity: Create a Body Neutrality Collage

March 13th - Nourish to Flourish

4–5pm in the Wadsworth Hall Eatery

Ditch diet culture and discover a healthier, balanced relationship with food! Join us for an event on intuitive eating, where we'll explore how to listen to your body, trust your hunger cues, and enjoy food without guilt. This is a great chance to learn about developing a positive relationship with eating!

Activity: Make your Own Salad in a Jar

March 18th - Healthy Relationships

4–5pm in the MUB Alumni Lounge

Curious how to navigate building healthy relationships? Join us with guest speaker Dawn Corwin to discover tips and tricks to feel safe and supported with those close to you. We'll watch videos, use handouts and play jeopardy to make sure you walk away feeling informed and empowered.

Activity: Jeopardy

April 1st - Burnout vs. Laziness

4–5pm in the MUB Alumni Lounge

Feeling drained but not sure why? Join us for our Burnout vs. Laziness Husky Hour to explore the differences, complete an energy audit, and gain tools to recharge effectively. Learn how to recognize burnout and develop strategies to prevent it. Our energy audit activity will help you identify where you're spending your mental and physical energy and how to make changes that support well-being.

Activity: Energy Audit & Receive Reminder/Quote Wallpaper for your Lockscreen

The Be Well Initiative



Be Well is the Husky "how-to" for overall well-being, developed by the Center for Student Mental Health and Well-being to support holistic well-being through four aspects of a healthy lifestyle: connect well, recharge well, live well, & play well.

Learn more at mtu.edu/well-being/resource-tools/be-well/



SUPPORT AND THERAPY GROUPS

Led by MTU counselors, support & therapy groups are designed to help you facilitate personal change through learning new skills to manage your symptoms and encourage new ways of interacting with others in a safe environment. You'll learn more about yourself, broaden your perspectives, and find encouragement and comradery with others through life's challenges.

THE FOLLOWING GROUPS WILL BE OFFERED SPRING 2025

General Support Group - Multiple Offerings

Tuesdays, 11am–12pm

Wednesdays @ 1–2pm

Thursdays @ 1–2pm

- This group provides a relaxed and welcoming space where students can come together to talk about current concerns. The group is a safe space to share, learn, and support each other. It's a great way to connect with others, pick up some helpful tips for managing stress, and feel less alone while dealing with the ups and downs of student life.

Mindfulness-Based Depression Management Group - Mondays @ 1–2pm

- This group is designed for students to develop and practice Mindfulness-Based Cognitive Therapy skills to support new patterns of relating to thoughts and sensations. These skills decentralize thoughts to provide relief and prevention for depression episodes as students learn to override the automatic feedback loops that perpetuate depression.

Restoring Stress & Anxiety Group - Tuesdays @ 1–2pm

- A supportive, structured group focused on teaching students to recognize and befriend their stress response utilizing strategies based in polyvagal theory. The goal of this group is to help students learn to regulate their feelings of worry and shape new and resilient patterns of response grounded in safety and connection.

Social Anxiety Support & Skills Group - Mondays @ 11am–12pm

- This group is designed for students looking to navigate social challenges, improve communication, embrace awkwardness, and connect with peers who share and understand their experiences. Group therapy is the ideal treatment for social anxiety because it allows individuals to engage in discussions that promote self-awareness and improve interpersonal skills in a safe and supportive environment.

SPRING 2025 GROUPS CONTINUED

Emotional Skill Building Class (DBT-Based) - Wednesdays @ 11am–12pm

- This is a supportive, structured group focused on teaching practical skills to manage emotions, handle stress, improve relationships, and make thoughtful decisions. The group covers core DBT areas like mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness, providing students with tools to navigate challenges in a safe and collaborative environment.

ADHD Skills Group - Tuesdays @ 3–4pm

- This group is designed for students who are struggling with symptoms related to ADHD and how it impacts their day-to-day functioning. This group will primarily focus on education and skill-building to improve overall daily functioning.

NEW

Reduce Your Use Group - Thursdays @ 3–4pm

- This group is for students who would like to reduce or eliminate their substance use. Topics related to substance use are presented and strategies for reducing or stopping use are explored. Discussion is encouraged, but members are not required to share personal information. The atmosphere of the group is intended to be relaxed and non-judgmental.

Grief & Loss Support Group

- This group is for students who have experienced a death loss and want to have a safe and supportive space to process their grief. For more information, contact Kerri Gilbertson at kbmayra@mtu.edu.

Graduate Student Support - Wednesdays @ 3–4pm

- This group is intended to provide support for graduate students on topics related to graduate student concerns and experiences.

Depression Management Group - Thursdays @ 11am–12pm

- A therapy group designed to create a supportive environment for students living with depression. This group facilitates increasing awareness of how thoughts, activities, and contacts with others affect your mood. By developing a better understanding of depression, students can increase their skills and learn how to manage the thoughts and feelings that come with depression.

TELUS COMMUNITY

Community Peer-to-Peer is a network exclusively for students to share the ups and downs of life. Connect with other students worldwide. Community is a safe place where you can talk anonymously about anything without judgement. Give and get support in real time, through posting, reading, and commenting.



Download the Student Support App today by scanning the code or by heading to mtu.edu/well-being/student-services/telus-health/



Connect anonymously to an instant, supportive global community - **24/7 and from anywhere.**

Access on TELUS Health Student Support.

TELUS Health