

THE CENTER FOR STUDENT MENTAL HEALTH & WELL-BEING

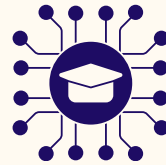
Programs & Resources - Fall 2024

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

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



Therapy for Social Anxiety

Find the right support option for you!

CONNECT WITH THE CENTER



@mtu_wellbeing



Michigan Tech
Well-being



counseling@mtu.edu



(906) 487-2538



3rd Floor
Admin Building

SUPPORT & THERAPY GROUPS

Please use the QR code below to complete the Google form to indicate the group(s) you are interested in attending and your schedule availability. Groups will begin when three or more individuals commit to participate.

SUPPORT GROUP SIGN-UP FORM



- Stress & Anxiety Management
- Emotional Skill Building Class
- Reduce Your Use
- Graduate Student Support
- Managing Depression
- Grief & Loss Support
- Other Groups as Requested

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, help explore solutions, and give information about available appropriate resources. Drop in during the times below.

<i>Wednesday</i> September 18th 1-3PM CDI Basement	<i>Monday</i> October 14th 1-3PM CDI Basement	<i>Tuesday</i> November 19th 1-3PM CDI Basement	<i>Monday</i> December 9th 1-3PM CDI Basement
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LET'S TALK WITH JIM

Every Thursday from 6 - 8 PM in Wads, 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.

HUSKY HOUR SERIES

Join guest speakers at various times throughout the semester to engage in an hour of hands-on learning.

SEPTEMBER 12TH - BUILDING CAREER CONFIDENCE

Location: Admin 220

Time: 11 AM- 12 PM

SEPTEMBER 19TH- DISABILITY ADVOCACY

Location: Wadsworth Hall, Room G19

Time: 3 - 4 PM

OCTOBER 9TH - CLIMATE ANXIETY

Location: Library East Reading Room

Time: 2 - 3 PM

NOVEMBER 14TH - FINANCIAL LITERACY

Location: MUB Alumni Lounge

Time: 4 - 5 PM

OTHER EVENTS

BOARD GAME NIGHTS

Play some board games with counselor Jim!

Location: WADS Annex

Time: 6-8PM

Wednesday, September 4th

Wednesday, October 2nd

Wednesday, November 6th

Wednesday, December 4th

COOKIES & COLORING

Free cookies & conversation

Location: CDI Basement

Time: 1-3pm

Friday, September 13th

Friday, October 11th

Friday, November 15th

Friday, December 6th

ANXIETY SCREENING

Stop by for a free anxiety screening to determine if counseling services could be beneficial for you!

Thursday, September 26th

10 AM-2 PM

Library Room 243/244

**MORE EVENTS CAN BE FOUND ON
OUR WEBSITE!**





PEER AWARENESS FOR WELL-BEING & SUPPORT PROGRAM

Peer Awareness for Well-Being & Support, or P.A.W.S. for short, is a training program for students passionate about campus mental health awareness & support.

[LEARN MORE](#)



Be Well



Recharge Well



Play Well



Connect Well



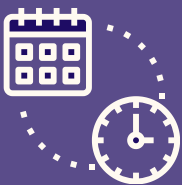
Live Well

The Be Well Initiative is the Husky "how-to" for overall well-being. The Center for Student Mental Health and Well-being developed this initiative to support holistic well-being through 4 aspects of a healthy lifestyle: connect well, recharge well, live well, and play well.

[LEARN MORE](#)

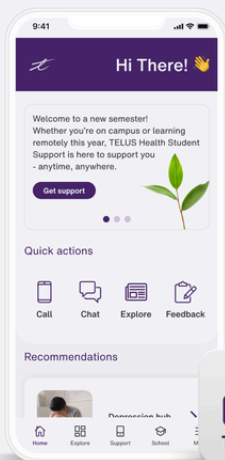


ONLINE SCHEDULING AVAILABLE



Use the new online scheduling request form to schedule an initial counseling appointment with our Center for Student Mental Health & Well-being.

[LEARN MORE](#)



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 counsellor – anytime, anywhere.



 TELUS Health

The TELUS Health Student Support App is a 24/7 telehealth counseling support service that offers free online resources and Student Support Counselors that 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.

NEW: Access anonymous peer support with Community - 24/7