

About Us

Our licensed mental health providers and health and well-being team are dedicated to improving the overall well-being of Michigan Tech students. Our services operate through the four facets of Be Well - Connect Well, Recharge Well, Live Well, & Play Well. Through these lenses, our Center provides services that target mental health, physical and sexual health, academic and career success, and social fulfillment.

In addition to our on-campus teams, we offer tele-mental health support through TELUS Health. TELUS is available for single-use support or ongoing scheduled video sessions with the same mental health provider.

[Read More](#)



Be Well



Play Well



Recharge Well



Connect Well



Live 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.



CONTACT US

3rd Floor Administration Building
1400 Townsend Drive
Houghton, MI 49931
906-487-2538
counseling@mtu.edu

Michigan Technological University is an Equal Opportunity Educational Institution/Equal Opportunity Employer that provides equal opportunity for all, including protected veterans and individuals with disabilities.

Student Mental Health and Well-being



Michigan Tech® | mtu.edu/well-being

Our Vision

We aim to create a culture of well-being at Michigan Tech, focusing on mental health support, health education, and well-being events and programming.



On-Campus Services

- Brief, goal-oriented individual counseling
- Walk-in appointments (limited availability per day)
- Support & Therapy groups
- Husky Hour
- Special semester events
- Medication management for established students (not for general health services or for ADHD medication)
- Health & Wellness Education

Walk-in Hours

Mon	9 A.M.-12 P.M. AND 1 P.M.-4 P.M.
Tue	10 A.M.-12 P.M. AND 1 P.M.-4 P.M.
Wed	10 A.M.-12 P.M. AND 1 P.M.-4 P.M.
Thu	9 A.M.-12 P.M. AND 1 P.M.-3 P.M.
Fri	10 A.M.-12 P.M.

TELUS Health

TELUS Health provides access to free tele-mental health support 24/7 with master-level counselors. Receive real-time phone, chat, or text support; schedule ongoing video sessions; or use for emergency/crisis support.

Options for language, culture, and/or shared identity matching with counselors are available.

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.



Call. Chat. Anytime. Anywhere



1-877-376-7896



Resources

TELUS Health

Call: 1-877-376-7896

Chat: Download the app (see inside brochure for details)

Public Safety & Police Services

Call: 906-487-2216

Address: 206 McInnes Dr, Houghton, MI 49931

Copper Shores Community Support & Outreach

Call: 906-482-4357 or toll-free 800-562-7622

Text: 906-356-3337

Chat: dialhelp.org

National Suicide Prevention Lifeline

Call: 988

Chat: 988lifeline.org

Crisis Text Line

Text: Text "HOME" to 741741

U.P. Health System-Portage Emergency Department

Phone: 906-483-1000

Address: 500 Campus Dr, Hancock, MI 49930

Aspirus Keweenaw Hospital Emergency Department

Call: 906-337-6500

Address: 205 Osceola St, Laurium, MI 49913

