

# THE CENTER FOR STUDENT MENTAL HEALTH & WELL-BEING

Programs & Resources - Spring 2024

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## PRIORITIZING YOUR WELL-BEING



### Individual Counseling

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

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### TELUS Health Student Support

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

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### Health and Well-being

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

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### Medication Management

A Nurse Practitioner is on staff to assist and  
manage medication

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### eCHECKUP TO GO

eCHECKUP TO GO  
Alcohol & Cannabis resources

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### Therapy for Social Anxiety

Find the right support option for you!

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## CONNECT WITH THE CENTER



@mtu\_wellbeing



Michigan Tech  
Well-being



3rd Floor  
Admin Building



(906) 487-2538



counseling@mtu.edu

# SUPPORT & THERAPY GROUPS

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We're excited to adapt our group schedule this semester better to meet the needs of students' busy schedules. 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.

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

## Group Sign-up Form



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## 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 at the times below.

**Date:** February 1

**Time:** 11 AM-12 PM

**Location:** CDI Basement

**Date:** March 5

**Time:** 3 PM-4 PM

**Location:** CDI Basement

**Date:** April 3

**Time:** 1 PM-2 PM

**Location:** CDI Basement

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

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

## January 17th - Communicating With Confidence

Location: Career Services (Admin Building 220)

Time: 1 - 2 PM

## February 1st - Safety & Substances

Location: Wads G17/G19

Time: 3 - 4 PM

## March 20th - Healthy Living

Location: Wads Dining Hall

Time: 1:30 - 2:30 PM

## April 4th - Healthy Relationships

Location: Wads G17/G19

Time: 3 - 4 PM

# SEMESTER EVENTS

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## Board Game Nights

January 10 - WADS Annex

February 7 - MUB Commons

March 6 - WADS Annex

April 3 - DHH Ballroom

Time: 6-8 PM

## Cookies & Coloring

January 26 - CDI Basement

February 16 - CDI Basement

March 29 - CDI Basement

April 12 - CDI Basement

Time: 1:30-3:30 PM

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## Substance Use Awareness & Screening

Date: February 22

Location: Library Room 244

Time: 10 AM-2 PM

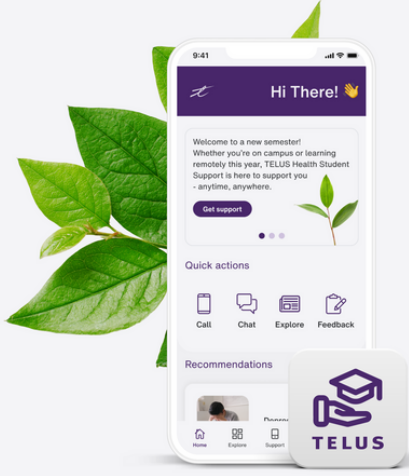
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## Anxiety Screening

Date: March 21

Location: Library Room 244

Time: 10 AM-2 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.

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

**TELUS Health**



## Peer Awareness for Well-being & Support

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. Scan to nominate a peer!

**LEARN MORE**



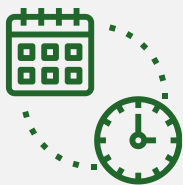

**Recharge Well**   **Play Well**   **Connect Well**   **Live Well**

## Be Well

**LEARN MORE**



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.

**LEARN MORE**



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