

Michigan Tech Well-being Guide

GETTING STARTED

Welcome! We want to provide support and guidance to seeking the support you need to address your mental health concerns while you are at Michigan Tech. College poses many challenges to different areas of your life and extra support may be needed to ensure that you thrive physically, mentally, and academically while you are here. This guide is intended to provide you with information that will assist you in seeking out and receiving the appropriate support you need. We first want to give you some general well-being tips that are typical first recommendations by counselors in improving your mental health.

Tips

- ❑ A regular sleep schedule aiming to get 8 hours of sleep each night
- ❑ Exercising 20 minutes at least 3x per week
- ❑ Eating a well-balanced meal, but more importantly making sure you are eating enough each day
- ❑ Carving out time for self-care activities
- ❑ Having a balanced schedule of responsibilities and self-care time-don't over book yourself



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

3rd Floor Administration
Building

906-487-2538

Counseling@mtu.edu

On-Campus Services Available

- ⇒ Brief, solution-focused (goal-oriented) individual counseling utilizing a stepped care model
- ⇒ Online scheduling for **first appointment only**
- ⇒ Walk-in hours for immediate assistance (on a first come, first serve basis)
- ⇒ Support and therapy groups
- ⇒ Workshops
- ⇒ Medication management (must be referred by an on-campus counselor; ADD/ADHD medication are NOT prescribed)
- ⇒ Peer Health Coaching
- ⇒ Online self-help resources



On-Campus Collaborators

- ⇒ **Dean of Students Office**
- ⇒ **Registrar's Office**
- ⇒ **Student Disability Services**
- ⇒ **Title IX**
- ⇒ **Student Financial Services Center**
- ⇒ **Learning Centers (17 centers available)**
- ⇒ **Waino Wahtera Center for Student Success**
- ⇒ **Graduate School**
- ⇒ **Career Services**
- ⇒ **Center for Diversity and Inclusion**
- ⇒ **Student Leadership and Involvement**

TELUS Health Student Support Program

- ⇒ Brief, solution-focused (goal-oriented) individual counseling with a licensed mental health professional via phone or video by appointment
 - ⇒ Multilingual, identity, and cultural counselor matching support available
- ⇒ 24/7 mental health and well-being support
- ⇒ 24/7 emergency and crisis support
- ⇒ Extensive digital library of videos, podcasts, articles and other self-help resources
- ⇒ Access to a personalizable app-based fitness program

****The app is available in English, Mandarin, French, Cantonese and Spanish***

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.



 **TELUS Health**

Options for Mental Health Services

We want to make sure that you are aware of all the options available to you, ensuring that your mental health needs are met. To help you select the option that best meets your needs, we have laid out options available to students. If you are still unsure, a counselor from CSMHWB can assist you in understanding your options better.

Option A: Continue Services with Current Counselor from Back Home

This option might be right for you if you have an established relationship with a counselor and are able to regularly meet with them.

Questions to consider with your parents/guardians and/or counselor:

- Will I feel comfortable starting over with a new counselor?
- Will infrequent face-to-face appointments be sufficient to meet my needs?
- Will I be willing to try other avenues of support recommended?

Option B: TELUS Health Student Support Program

This option might be right for you if you are interested in using services as you need or if you are interested in brief, solution-focused therapy through chat, phone call, or video call. Additionally, if you are interested in talking to a counselor with whom you share the same language, culture, or identity characteristic.

Questions to consider:

- Do I need ongoing counseling or support as needed?
- Do I prefer talking through chat, phone, or video call versus face-to-face?
- Do I want to meet with a counselor who shares similar identity characteristics or a shared language?
- Do I want to have access to support 24/7?

Option C: Michigan Tech Center for Student Mental Health and Well-being (CSMHWB)

This option might be right for you if you are interested in receiving brief, solution-focused therapy or alternative options of support to meet your mental health goals.

Questions to consider:

- Does my current counselor recommend brief, solution-focused therapy?
- Will limited individual therapy visits provide me with adequate support needed?
- Will I utilize additional support options, such as therapy groups, workshops or seminars to meet my needs?
- Will I use on-campus partners to help me meet my needs?
- Do I need a provider to manage my medication? (Only students referred by CSMHWB clinical staff can receive medication management. Medications for ADD/ADHD are not prescribed through our services)

Option D: Off-Campus Counselor

This option might be right for you if you require intensive, ongoing 1-on-1 therapy, which is not available through Options B or C.

Questions to consider:

- Do I need frequent individual counseling to meet my mental health needs?
- Are the off-campus clinician referrals affordable and/or do they accept my insurance?
- Are there off-campus clinicians that provide a sliding fee scale?

Blended Services

Students are able to utilize services from both CSMHWB and TELUS Health at the same time. A limitation to all services is that you must retain only one counselor and not participate in individual therapy with more than one counselor at a time.

Frequently Asked Questions

Q: What kind of issues do students come to the Center to get help with?

A: Students come to the Center for a wide variety of reasons. Many of our students have a specific concern they are seeking services for, such as depression, anxiety, and eating concerns to name a few. Students additionally seek services to address academic difficulties, challenges with adjusting to college, and interpersonal relationship concerns.

Q: How do I schedule an appointment with a counselor?

A: If you receive counseling through the Center contact the office by phone at 906-487-2538 or email Counseling@mtu.edu. Contact TELUS Health directly by phone at 1-877-376-7896 to schedule an appointment with a counselor (you must call to schedule an appointment, but you may access other services anytime through the app or online)

Q: Do I need insurance to receive counseling services?

A: The Center and TELUS do not require insurance to receive services. These services are provided free of charge to enrolled students.

Q: Will you tell my parents that I am receiving counseling?

A: No. Your counselor will not speak to your parents, professors, friends, or anyone else about your confidential concerns without your permission. There are rare exceptions, which are outlined in our confidentiality policy. (Please talk to a counselor about the limitations if you are under 18 years old)

Q: How do I get my medications refilled?

A: If you need a refill on medication you can contact one of the medical facilities listed at the end of this guide to discuss refill needs.

Q: Does the Center provide medication management?

A: The Center has a nurse practitioner that prescribes only psychiatric medication. Students must be referred by a Center counselor to meet with the nurse practitioner. The nurse practitioner does NOT prescribe or refill medications for ADHD.

Q: Can I get psychological testing done at Michigan Tech?

A: Psychological testing is not a service provided through the Center or TELUS Health. General screenings may be used in therapy, but are not for diagnostic purposes.

Q: Does the Center provide documentation for accommodations?

A: If a student has been working with a counselor the option for documentation for accommodations can be discussed further, but is not guaranteed. The Center has a policy to NOT provide documentation for an emotional support animal.

Q: How do I get set up with accommodations ?

A: Contact Student Disability Services at sds@mtu.edu regarding your request for accommodations. They will provide you with guidance on receiving accommodations.

Michigan Tech Crisis/Emergency Support

- The Center for Mental Health and Well-being is open Monday–Friday, 8:00 A.M.- 5:00 P.M. during the academic year and until 4:00 P.M. during the summer.
- Crisis and emergency support is available through TELUS Health 24/7/365 through the TELUS Health app or by calling directly at 1-877-376-7896

Community Crisis and Emergency Services

- **Copper Shores Community Support & Outreach**
Call: 906-482-4357 or toll free 800-562-7622;
Text: 906-356-3337;
Instant Chat: dialhelp.org
- **National Suicide Prevention Lifeline**
Call: 988;
Chat: <https://suicidepreventionlifeline.org>
- **Crisis Text Line:** Text HOME to 741741
- **U.P. Health System- Portage Emergency Department**
500 Campus Dr, Hancock, MI 49930
906-483-1000
- **Aspirus Keweenaw Emergency Department**
205 Osceola St, Laurium, MI 49913
906-337-6500



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Center for Student Mental Health and Well-being
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www.mtu.edu/well-being



SCAN ME