THE CENTER FOR STUDENT MENTAL HEALTH & WELL-BEING

P r o g r a m s & R e s o u r c e s - S p r i n g 2 0 2 4

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
Alcohol & Cannabis resources

Therapy for Social Anxiety
Find the right support option for you!

CONNECT WITH THE CENTER

@mtu_wellbeing  Michigan Tech Well-being  3rd Floor Admin Building  (906) 487-2538  counseling@mtu.edu
**Support & Therapy Groups**

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.

- 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 at the times below.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 1</td>
<td>11 AM-12 PM</td>
<td>CDI Basement</td>
</tr>
<tr>
<td>March 5</td>
<td>3 PM-4 PM</td>
<td>CDI Basement</td>
</tr>
<tr>
<td>April 3</td>
<td>1 PM-2 PM</td>
<td>CDI Basement</td>
</tr>
</tbody>
</table>

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.
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 14th - Healthy Living
Location: Wads Dining Hall
Time: 1:30 - 2:30 PM

April 4th - Healthy Relationships
Location: Wads G17/G19
Time: 3 - 4 PM

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

Substance Use Awareness & Screening
Date: February 22
Location: Library Room 244
Time: 10 AM-2 PM

Anxiety Screening
Date: March 21
Location: Library Room 244
Time: 10 AM-2 PM
Get the support you need with the Student Support app.


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!

Be 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.