

## 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.



Play  
Well



Recharge  
Well



Connect  
Well



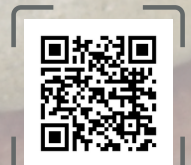
Live  
Well

**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.

SCAN ME!



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](https://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)

### National Suicide Prevention Lifeline

**Call:** 988

**Chat:** 988lifeline.org

### Crisis Text Line

**Text:** Text "HOME" to 741741

### Michigan Warmline (Peer Support)

**Call:** 1-888-733-7753 (Available 7 days a week from 10 a.m.-2 a.m.)

### The Trevor Project

**Call:** 1-866-488-7386

**Text:** "START" to 678-678

**Chat:** thetrevorproject.org

### Public Safety & Police Services

**Call:** 906-487-2216

**Address:** 206 McInnes Dr, Houghton, MI 49931

### U.P. Health System-Portage

#### Emergency Department

**Phone:** 906-483-1000

**Address:** 500 Campus Dr, Hancock, MI 49930

