

THE CENTER FOR STUDENT MENTAL HEALTH & WELL-BEING

WHAT WE OFFER

INDIVIDUAL COUNSELING



Our Center offers free individual counseling sessions for all enrolled, degree-seeking MTU students. We utilize a brief, goal-oriented approach to assist students in developing a treatment plan that utilizes the least intensive, most effective option to meet their needs. Schedule your initial appointment in person, over the phone, by email, or online to discuss your mental health needs.

SUPPORT GROUPS & GROUP THERAPY



During the academic year, the Center offers support and therapy groups to MTU students. Some groups may require a referral. Group therapy can be an effective form of treatment for various reasons, including helping to feel not alone, and providing support to others in the group. Groups are offered on-demand, and you may express your interest through an online form available for the first few weeks of each semester.

MEDICATION MANAGEMENT



We provide limited access to a nurse practitioner, who is able to prescribe and manage psychiatric medication. Students must be referred to the nurse practitioner by a counselor at the CSMHW. Medication works best in conjunction with psychotherapy. FAQs and their answers are listed on our website.

TELUS HEALTH STUDENT SUPPORT PROGRAM



The TELUS Health Student Support App is a telehealth counseling support service that offers free online resources and licensed Student Support Counselors 24/7 to Michigan Tech students from anywhere in the world. Customize your experience with preferred methods of communication (chat, phone or video), with options for multilingual, identity, and cultural matching support. In addition to real-time support, ongoing support is available upon request.

RESOURCES



@MTU_WELLBEING

Follow our Instagram, [mtu_wellbeing](#), or check out our CampusWell page, [mtu.campuswell.com](#) for digital resources regarding various mental health and well-being topics. Mental Health and Well-being resources are always available at our resource table in the library, as well as at the Center in the Administration Building. Additionally, you can learn more about our programs, services, and resources on our website.

EVENTS & PROGRAMS



Our Center hosts frequent events across campus designed with the principles of the Be Well initiative in mind. Cookies & Coloring and Board Game Nights encourage connection and relaxation. Husky Hour offers opportunities for education about mental health and well-being topics chosen by your peers! Let's Talk allows students to have an informal chat with a clinical counselor about a specific issue.

Fall 2025 Events & Programming

from the Center for Student Mental Health and Well-being

Husky Hour

Husky Hour is a series of interactive presentations, led by clinical counselors and Michigan Tech staff members. Students can stop by to learn about mental health and well-being topics, enjoy free snacks, and participate in activities associated with the respective topic.

Dates & Locations

Crafting Conversations - Building Social Connections

Thursday, Sept 18th | 4 p.m. - 5 p.m., MUB Commons

Imposter Syndrome

Thursday, Oct 9th | 4 p.m. - 5 p.m., Chem Sci 104

Financial Wellness

Thursday, Nov 13th | 4 p.m. - 5 p.m., Chem Sci 104

Navigating Health Insurance

Tuesday, Nov 18th | 4 p.m. - 5 p.m., Chem Sci 104

Cookies and Coloring

Take a break from a busy day with free cookies and coloring pages in the cozy Alumni House. Conversation not required!

Dates & Locations

Friday, Sept 12th | 2 p.m. - 4 p.m., Alumni House

Friday, Oct 10th | 2 p.m. - 4 p.m., Alumni House

Friday, Nov 14th | 2 p.m. - 4 p.m., Alumni House

Friday, Dec 5th | 2 p.m. - 4 p.m., Alumni House

BOARD GAME NIGHT

Join Jim for board games, conversation, and the opportunity to meet new people. Board games are provided but personal games can be brought.

Dates & Locations

Wednesday, Sept 3rd | 6 p.m. - 8 p.m., Wads Annex

Wednesday, Oct 1st | 6 p.m. - 8 p.m., Wads Annex

Wednesday, Nov 5th | 6 p.m. - 8 p.m., Wads Annex

Wednesday, Dec 3rd | 6 p.m. - 8 p.m., Wads Annex

INTRO TO STRENGTH TRAINING

Registration required and does not guarantee a space in the workshop. For students looking to learn strength training basics and safety.

Dates & Locations

Saturday, Sept 20th | 10 a.m. - 11:30 a.m., DHH Gym

Saturday, Oct 11th | 10 a.m. - 11:30 a.m., DHH Gym

Saturday, Nov 8th | 10 a.m. - 11:30 a.m., DHH Gym

Saturday, Nov 15th | 10 a.m. - 11:30 a.m., DHH Gym

Let's Talk

Meet with a clinical counselor for a free, informal, and confidential conversation about a specific topic or issue regarding mental health and well-being

Dates & Locations

Wednesday, Sept 17th | 1 p.m. - 3 p.m., Alumni House

Monday, Oct 6th | 10 a.m. - 12 p.m., M&M 338

Tuesday, Nov 18th | 2 p.m. - 4 p.m., Hamar House

Tuesday, Dec 2nd | 12p.m. - 2 p.m., M&M 718B

FLU SHOT CLINIC

We partner with UP Health System to bring students, faculty, and staff accessible flu shot clinics. Bring valid insurance and check out the FAQs on our website.

Dates & Locations

Monday, Oct 6th | 4 p.m. - 6 p.m., Rozsa Lobby

Tuesday, Oct 7th | 11 a.m. - 1 p.m., Rozsa Lobby

Monday, Oct 13th | 4 p.m. - 6 p.m., SDC Blueline Room

Mental Health Screenings

Free screenings, run by our clinical counselors, for anxiety, depression, and general mental health are available for students. Resources regarding mental health help are also available.

Dates & Locations

Thursday, Sept 25th | 12 p.m. - 2 p.m., Hamar House

Wednesday, Oct 22nd | 2 p.m. - 4 p.m., Hamar House

Tuesday, Nov 18th | 10 a.m. - 12 p.m., Hamar House