

Spring 2026

Events & Programming

from the Center for Student Mental Health and Well-being

Husky Hour

Husky Hour offers interactive sessions led by counselors and staff where students can learn about mental health, enjoy free snacks, and join fun, topic-related activities.

Substances and Sleep

Tue, Jan 20th | 4 p.m. - 5 p.m.

MUB Alumni Lounge

Detoxing from Social Media

Mon, Feb 16th | 4 p.m. - 5 p.m.

MUB Alumni Lounge

Starting your Career with Career Services

Thurs, March 19th | 4 p.m. - 5 p.m.

Career Services, Admin 220

Nourish to Flourish with Husky Eats

Thurs, April 9th | 4 p.m. - 5 p.m.

MUB Commons

(registration required)

Cookies and Coloring

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

Location & Time

Alumni House

2 p.m. - 4 p.m.

Dates

Friday, Jan 9th

Friday, Feb 13th

Friday, March 13th

Friday, April 10th

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.

Location & Time

Wads Annex

6 p.m. - 8 p.m.

Dates

Wednesday, Jan 7th

Wednesday, Feb 11th

Wednesday, March 11th

Wednesday, April 1st

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

Tuesday, Jan 13th

1 p.m. - 3 p.m.

SSM Alumni House

Wednesday, Feb 18th

10 a.m. - 12 p.m.

M&M 338

Tuesday, March 24th

12 p.m. - 2 p.m.

M&M 718B

Monday, April 6th

1 p.m. - 3 p.m.

AOB 101

Mental Health Screenings

Students can access free mental health screenings for anxiety, depression, and more, along with helpful resources.

Location

Hamar House

Dates & Times

Thurs, Jan 22nd

12 p.m. - 2 p.m.

Tues, Feb 24th

2 p.m. - 4 p.m.

Mon, March 30th

10 a.m. - 12 p.m.

BEHIND THE BUZZ

Substance use is often surrounded by myths, stereotypes, and misinformation. Behind the Buzz is an interactive event that explores the real impacts of alcohol, cannabis and other substances on health, decision-making, and college life. Through engaging activities and practical strategies, participants will gain tools to navigate social pressures, make informed choices, and support peers in healthier ways. Join us for pizza, trivia and prizes!

Location

MUB Alumni Lounge

Dates & Times

Tuesday, Jan 27th 5 p.m. - 6 p.m.

Tuesday, Feb 17th 5 p.m. - 6 p.m.

Tuesday, March 17th 5 p.m. - 6 p.m.



check us out on
involvement link



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.