PRIORITIZING YOUR WELL-BEING

Individual Counseling
Goal-focused counseling support. Online scheduling is available for new clients!

Health and Well-being
Get involved and join us for events happening throughout the semester!

eCHECKUP TO GO
Alcohol & Cannabis resources

TELUS Health Student Support
24/7/365 student support on demand*. Download the app or call 1-877-376-7896
*wait times may vary

Medication Management
A Nurse Practitioner is on staff to assist and manage medication

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

Group Sign-up Form

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>
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<tbody>
<tr>
<td>February 1</td>
<td>11 AM-12 PM</td>
<td>CDI Basement</td>
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<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>
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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.
SEMESTER EVENTS

Join guest speakers at various times throughout the semester to engage in an hour of hands-on learning.

**HUSKY HOUR SERIES**

**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 20th - Healthy Living**
*Location:* Wads Dining Hall
*Time:* 1:30 - 2:30 PM

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

**SEMESTER EVENTS**

**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.