

Fall 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 health and well-being, enjoy free snacks, and join fun, topic-related activities.

PlayWell in the Keweenaw - Learn to Pack a Bag and Where to Explore

Tues, Sept 8th | 4 p.m. - 5 p.m.
The Alley Makerspace

Behind the Hiring Process

Wed, Sept 23rd | 4 p.m. - 5 p.m.
Career Services

Brain Foods and Winter Wellness

Tues, Oct 20th | 4 p.m. - 5 p.m.
Library 244

Financial Wellness

Tues, Nov 10th | 4 p.m. - 5 p.m.
MUB Alumni Lounge

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, Sept 4th
Friday, Oct 9th
Friday, Nov 13th
Friday, Dec 4th

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, Sept 2nd
Wednesday, Oct 7th
Wednesday, Nov 4th
Wednesday, Dec 2nd

THE BUZZ

A welcoming, non-judgmental peer support community for connection, conversation, recovery, and support. All are welcome!

Snacks provided.

Dates & Times

Every Wednesday
starting Sept 2nd, from
5 p.m. - 6 p.m.

Location*

Library 243
*(Check Involvement
link for location)

Mental Health Screenings

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

Location

Library 243

Dates & Times

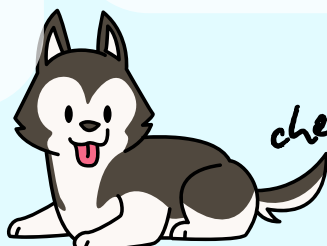
Tues, Sept 15th
10 a.m. - 12 p.m.
Mon, Nov 2nd
2 p.m. - 4 p.m.

BEHIND THE BUZZ

Myths, stereotypes, and misinformation often surround substance use. Behind the Buzz is an interactive event that explores the effects of alcohol, cannabis, and other substances on health, decision-making, and college life. Participants will learn to manage social pressures, make informed choices, and support peers through activities, strategies, pizza, trivia, and prizes!

Dates, Times, & Locations

Tuesday, Sept 22nd | 5 p.m. - 6:30 p.m.
MUB Alumni Lounge
Thursday, Oct 15th | 5 p.m. - 6:30 p.m.
MUB Ballroom B
Tuesday, Nov 17th | 5 p.m. - 6:30 p.m.
MUB Alumni Lounge



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.

MANTRA HEALTH STUDENT SUPPORT PROGRAM



Mantra Health works hand-in-hand with our Center to ensure care is connected and comprehensive. Students have access to Individual Therapy sessions with highly-trained, culturally-informed providers who specialize in supporting college students. Students can browse provider bios, specialties, and backgrounds to find the best fit for their counseling needs. In-the-moment support is available 24/7 by phone, video, or text. No appointment needed—just help when you need it. You can reach ConnectNow at 1-877-316-4002.

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! We also offer free, confidential mental health screenings throughout the year, giving students an opportunity to check in on their well-being and connect with resources.