THE CENTER FOR STUDENT MENTAL HEALTH & WELL-BEING

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, & Nicotine 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

All groups will be held in the Administration Building, Room 313

Stress & Anxiety Management

Each group will offer the opportunity for participants to connect with others while learning strategies to manage stress and anxiety. No sign-up is needed, just drop in.
- Tuesday @ 11 AM OR Tuesday @ 3 PM (starts 9/12)
- Wednesday @ 10 AM OR Wednesday @ 2PM (starts 9/13)

Skills Building Class

In a class format, this group provides participants with hands-on skills to help improve tolerating big emotions and navigating healthy conflicts within relationships. Email Kelli Garrison at kgarriso@mtu.edu to inquire about participating in the group.
- Monday @ 4 PM
- Thursday @ 11 AM

On Demand Groups

On-demand groups will be offered as needed. In the past, these groups have included the graduate support group, the grief and loss support group, and the managing depression group.
Email counseling@mtu.edu to request additional information.

Depression Support Workshops

Series #1:
- Tuesdays 10 AM-11AM
  - (10/03, 10/10, & 10/17)
Series #2:
- Mondays 3 PM-4 PM
  - (10/02, 10/9, & 10/16)

Depression Screening

- September 28th
- 10 AM - 2 PM
- Library Room 243
HUSKY HOUR SERIES

Join guest speakers on the 1st and 3rd Thursday of each month from 4-5 PM for an hour of hands-on learning.

September 7th - Communication
Location: Library East Reading Room

September 21st - Harm Reduction
Location: Library East Reading Room

October 5th - Mindfulness and Distress Tolerance
Location: Library East Reading Room

November 2nd - Healthy Relationships with Alcohol & Marijuana
Location: Wads G17/G19

November 16th - Fear(less)
Location: DHH Ballroom

December 7th - Healthy Habits & Routines
Location: McNair Glass Lounge

SPECIAL SEMESTER EVENTS

Game Nights
September 6, October 4, November 1, & December 6
Location: Wads Annex
Time: 6-8 PM

Cookies & Coloring
September 15, October 13, & November 10
Location: CDI Basement
Time: 1-3 PM
Get the support you need with the Student Support app.


Get the support you need with the Student Support app.


Get support

Quick actions

Call Chat Explore Feedback

Welcome to a new semester!
Whether you’re on campus or learning remotely this year, TELUS Health Student Support is here to support you - anytime, anywhere.

Recommendations

Home Explore Support

Be Well

Recharge Well

Play Well

Live Well

Connect 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.

Learn more about what we offer at The Center!

Online Scheduling Now Available

Use the new online scheduling request form to schedule your initial counseling appointment.

Learn more about what we offer at The Center!

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.