*Most of our workshops are designed as a series, so it is expected that you will be able to attend for each of the sessions in a 3-4 week series. For more information and to sign up for a workshop, visit: mtu.edu/well-being/programs/workshops/.

**Building Resilience**
When faced with difficulty and challenges in life how do you cope, adapt, and bounce back? This workshop focuses on the concept of resilience and how to build these skills and abilities to better cope with challenges and gain confidence in oneself to persevere when life is difficult.

*Wednesdays: 10-11 am : 02/02, 02/09, & 02/16*

**Stress Less**
Ready to lower anxiety and depression? Using Acceptance and Commitment Therapy (ACT) practices, this 4-week structured workshop will teach you skills to grow mindfulness and stress awareness strategies.

**Session One:** Thursdays @ 4-5 pm : 02/03, 02/10, 02/17, 02/24
**Session Two:** Wednesdays @ 10-11 am : 03/16, 03/23, 03/30, 04/06

**De-Stressing**
Are you having a hard time handling day-to-day stresses that leave you overwhelmed, stressed, and struggling to keep up with life’s demands? This workshop focuses on giving you the tools to navigate stressors you may have with school, work, and day-to-day responsibilities.

*Wednesdays: 1-2 pm : 2/16, 2/23, & 3/2*

**Healthy Body, Healthy Mind**
In this workshop, participants will reflect on their thoughts, emotions, and behaviors as they relate to core topics of body image, self-esteem, and eating patterns. Email Sarah Dowd (sedowd@mtu.edu) if you have questions about if this workshop may be right for you.

*Day/time of workshop will be determined based on availability of interested participants*

**Building Emotional Strength**
Unhappy and don’t know what to do about it? Life is messy, but you can rise above it all. In this three-week workshop, learn how to understand your emotions and keep them from taking over.

*Thursdays @ 11am - 12pm : 3/17, 3/24, & 3/31*

**Building Career Confidence**
Wishing you had a little more confidence for your job search, interviews, future work relationships and more? This workshop will focus on building career confidence, self-care during the job search, and give you skills to handle your emotions during the job search and beyond.

*Thursdays @ 11am-12 pm : 01/20, 01/27, & 02/03*

**Looking for academic workshops?** Check out the library workshops on everything from research, citations, data management, 3D printing, Microsoft Office, dissertation and thesis writing, and more! [www.mtu.edu/library/instruction/workshops/](http://www.mtu.edu/library/instruction/workshops/)
SUPPORT GROUPS

Read the descriptions to find out which group best suits you! Head over to mtu.edu/well-being/groups to sign up and get more info on drop-in sessions.

The Art of Self-Compassion
Tuesdays @ 11:00 am

Are you your own worst critic? Learn how to love yourself even on your hardest days. Building your capacity for resilience and compassion can lead to greater happiness, higher motivation, better relationships, and less anxiety and depression. Contact Sarah Woodruff (smwoodru@mtu.edu) for more information.

Managing Depression
Tuesdays @ 3:00 pm

A group intended to provide a supportive environment for students living with depression. Students will discuss experiences and facilitate skill development to help them better manage their symptoms and improve engagement in academics, interpersonal relationships and self-care. Contact Sarah Woodruff at smwoodru@mtu.edu for more information.

Graduate Student Support

This group focuses on strategies to manage anxiety with specific focus on the cognitive aspects that contribute to anxiety problems. Contact Crystal McLeod at cpmcleod@mtu.edu for more info.

Mondays @ 10:00 am

Reduce Your Use
Wednesdays @ 4:00 pm

This group is for students who would like to explore how to feel more in control of their drug and alcohol use. Gain information and support for making healthier decisions around certain harmful behaviors or consequences relating to drugs and alcohol. Contact Lisa Meyer at lmeyer@mtu.edu for more information.

Board Game Group
Fridays @ 3:00–5:00 pm

Are you worn out at the end of the week and just want to hang out and play a game? Then this group is for you! We will chill and play strategy-based board games. The goal is to relax, meet new friends, and have some fun at the end of a long week of classes. All are welcome! Email Eric Arundel at emarunde@mtu.edu for more information.

Grief & Loss Support

This group is a safe place for individuals to talk and learn how to find a “new normal” after a death or loss in their life with others who face a similar challenge.

Contact Kerri Gilbertson at kbmayra@mtu.edu for more information.

Scan the QR code to register!

We're always open to new group ideas. Email us at well-being@mtu.edu with requests and ideas for next semester!
WHAT DO WE OFFER?

REFERRAL TO RESOURCES THAT BEST MEET YOUR NEEDS

SUPPORT AND THERAPY GROUPS
Counselor-led groups to gain education, support, skills, and connection to others who share similar concerns and goals. (Look inside this flyer!)

WORKSHOPS
Education and skill building workshops on a wide-range of topics throughout the semester in a 3-4 week series format. (Look inside this flyer!)

SELF-DIRECTED RESOURCES
My SSP and the Center for Student Mental Health and Well-Being offer information and resources on a wide-range of topics for students to work toward personal goals at their own pace.

INDIVIDUAL THERAPY
Solution-focused therapy through My SSP or the Center for Student Mental Health and Well-Being.

MEDICATION CONSULTATION
Counselor referral to a medical provider to discuss psychiatric medication (available options discussed with the students by a counselor).

REFERRAL FOR OFF-CAMPUS SUPPORT
Counselor referral for more intensive treatment (based on the student need and discussed with the student by a counselor).

SELF-DIRECTED RESOURCES
My SSP and the Center for Student Mental Health and Well-Being offer information and resources on a wide-range of topics for students to work toward personal goals at their own pace.

HOW DO I GET STARTED?

- **Join a Workshop:** Sign up for one of the workshops offered at mtu.edu/well-being/workshops.
- **Join a Group:** Email a counselor that runs a group that you are interested in.
- **Check out Husky Hour or Husky Hobbies:** https://www.mtu.edu/husky-hour/
- **Utilize our Self-Help Resources:** Go to mtu.edu/well-being/resources.
- **Contact My SSP:** Call, chat or text with a counselor by downloading the app or calling 1-(866) 743-7732 to address day-to-day challenges or if you are in a crisis. Ongoing support also available.
- **Set up an appointment:** To set up an initial or follow-up appointment with an on-campus counselor, contact us at counseling@mtu.edu or call (906) 487-2538. Walk-In hours are also available throughout the week.
- **Ask around:** Talk to the Dean of Students Office, your advisor, learning center coaches, RAs, RECs, and others if you want to learn about more resources offered on campus!
- **Still not sure?** We’re here to answer your questions. Check out "Let’s Talk" on Wednesdays at 2:00 PM or Thursdays at 4:00 PM. Visit mtu.edu/well-being/letstalk for more information.
- **Need emergency crisis resources?** Call My SSP at 1-(866) 743-7732, Dial Help at (800) 562-7622, Public Safety at (906)-487-2216 or dial 911 or go to the nearest emergency room.