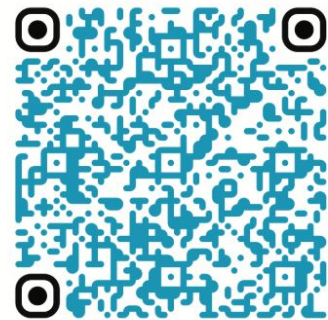


Welcome & Program Overview





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Emotional WellBeing- Coping with the ebbs and appreciating the flows of your life

- Counseling Center



Counseling Center

ccs@nmu.edu | Wellbeing Center



- Licensed providers
- Strictly confidential
- Free short-term counseling
- Same-day appointments available
- Free after-hours crisis counseling available on Help Now- 855.485.1641
- Crisis numbers on back of IDs
- Welltrack Boost- free app that offers mental health skill development tools
- Reservable room for ongoing virtual therapy

Physical WellBeing

Taking care of your physical body, staying active, eating healthy, and sleeping well

- Medical- Health Center
- Recreation & Exercise- Rec Sports
- Nutrition- Dining Services



Health Center

robaho@nmu.edu | WellBeing Center

- On campus clinic, lab, & pharmacy
- Call for appointments
- Accepts most insurances
- STI testing & Contraception
- Allergy shots & immunizations
- Mental Health Medication



Rec Sports

recsport@nmu.edu | 126 PEIF

- Student Rec Pass (billed to student account)
- Facilities- PEIF Rec Center & Fit Zone
- Club Sports
- Fitness Classes
- Intramurals
- Outdoor Recreation Center
 - Free 24 hour equipment rentals



Dining Services

dining@nmu.edu | 1103 Northern Center

- Meal Plans to fit budgets
- 7 dining locations on campus
- Sick Trays and Meals on the Go options
- Food Advisory Council
- Robin's Nook- allergen-free room
 - Nutritionist



Intellectual WellBeing- Expanding your creativity, knowledge, and skills through academic pursuits

- Student Success
Department



Student Success Department

success@nmu.edu | 3302.1 Hedgcock

- Individualized support and resources by major and academic department support
- Major exploration
- Course planning
- All Campus Tutoring



Career WellBeing- Enriching from your work and building your employability skills

- Career Services



Career Services

careers@nmu.edu | 3302.3 Hedgcock

- Support career development goals
- Build resumes, CVs, cover letters
- Mock/practice interviews
- Job fairs
- Handshake- online job portal
- Paperwork needed for employment:

<https://nmu.edu/hr/payroll-forms>

See "I-9 Form" for a list of acceptable documents (i.e. Passport, Driver's License, Birth Certificate, Social Security Card)



Social WellBeing- Sustaining connections from your support system of friends and family

- Center for Student Enrichment
- Office of Opportunity, Empowerment, and People



Center for Student Enrichment

cse@nmu.edu | 1101 Northern Center

- My Way North
- Over 280 student organizations
- The HUB is your go-to resource for events and groups
- Show up, say yes, & stay curious



Office of Opportunity, Empowerment & People

empowerment@nmu.edu | 3001 Hedgcock

- Free Printing All Year
- Free Snacks During Academic Year
- Mentorship Program
- MiLEAP Summer Housing Support Program
- Multicultural Reading Resources



Financial WellBeing-

Investing in your current and future personal financial decisions

- Student Service Center
- Financial Aid
- Financial Literacy



Financial Aid

fao@nmu.edu | 2107 Hedgcock

- Navigate the financial aid process
- Advise students of other available financial resources
- Answer questions about FAFSA and aid allotment



Student Service Center

ssc@nmu.edu | 2201 Hedgcock

- Drop/add classes
- Register for classes
- Pay tuition, fees, and other charges
- eBill and payment plan information
- Get answers to billing related questions
- Check your financial aid status and outstanding requirements
- Registration hold information



Financial Literacy

dkill@nmu.edu | 422 Harden Hall

- Teach students an understanding of how the financial system operates and directly affects your daily life
- On-campus seminars and workshops
 - Budgeting
 - Cash management
 - Banking and debt
 - Housing
 - Insurance
 - Tax preparation



Environmental Wellbeing- Connecting to your planet, community, NMU, and Marquette

- SHINE
- Housing & Residence Life





SHINE

shine@nmu.edu | 2603 Hedgcock

- Sustainability Hub for Innovation & Environment
- EcoReps
- Green Fund Projects
- Hoop House
- Northern Climate Network
- Campus Sustainability Council
- Campus & Community Volunteer Opportunities



Housing & Residence Life

housing@nmu.edu | 124 Quad I

- 9 residence halls & 4 apartment areas
- Halls are split into "House" communities ~50 students per house
- Resident Advisers and Resident Directors provide support & guidance
- Provides personal development opportunities for students
- Community kitchens, laundry rooms, TV rooms, and study spaces

Overall Support

- General Information:
Dean of Students
- Holistic Support: CARE
Team & Case
Management Services



Dean of Students Office

dso@nmu.edu | 2001 Hedgcock

- Great place to start with questions!
- Complete Withdrawals
- Food Pantry
- Coat Closet - *provided by Ripple Effect*
- School Supplies - *provided by Ripple Effect*
- Disability Services
- Veteran Services
- First Generation, Commuter & Non-Traditional Student Services
- ASSIST Program
- Student Conduct



CARE Team

wellbeing@nmu.edu | 3405 Hedgcock

- **Case Administration & Resource Education**
- Assess & intervene with identified students
- If there is a concern for safety, call **NMU PD at 906.227.2151**
- If there is not a concern for safety, make a referral at [nmu.edu/CARE](https://www.nmu.edu/CARE)
- Be ready to share basic demographics, description of concerning behavior or statements with specific examples



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UNIVERSITY**

our office with as much detail about the situation as possible. If you have any questions, please email wellbeing@nmu.edu. This information is **not continuously monitored**. We screen referrals each weekday morning and hold CARE team meetings every week to discuss appropriate action steps. **If this is an emergency, please call NMU PD at 906-227-2151.**

Relationship violence, sexual misconduct, and stalking are required to be reported to the Title IX Office in the Relationship Reporting Form [here](#).

Information

Enable additional features by logging in. [🔗](#)

🔔 Learn more

CARE Management Services

wellbeing@nmu.edu | 3405 Hedgcock

- Initial WellBeing Resource Reach-outs from CARE team referrals
- Non-clinical, holistic approach
- Meeting with CARE Manager
 - Discuss any obstacles/barriers currently facing
 - Identify campus resources central to your success
 - Create an action plan
 - Set up follow-up meetings to check progress as needed





WellBeing is the attentive and intentional care of the whole person.

It is the ability to accept what life brings forth, the ups and downs; sometimes solo and sometimes with support. Wellbeing is a steadiness in yourself, your worth, and your ability to persevere.

Wellbeing matters because it is essential to a full life; one with waves both challenging to ride and beautiful to look at; it's the appreciation for the ebbs and flows and the knowing that you've got this.

It's finding beauty and hope even when things seem dim. It is knowing that when life gets tough, it won't stay that way forever. (It's a when, not an if.) And when you're well, the tough feels surmountable, the light feels like it's shining for you, and the ability to flow through it all is your default. Wellbeing is a sense of belonging to yourself, and to a community.

Belonging is a core part of the experience at NMU. Belonging goes hand-in-hand with wellbeing. You belong here, just as you are: unapologetically yourself. And it is here that you can fully realize your wellbeing.

My Way North Challenges Survey

- Students- please login using your NMU email and fill out the brief survey
- Receive an email with resources specific to your needs

