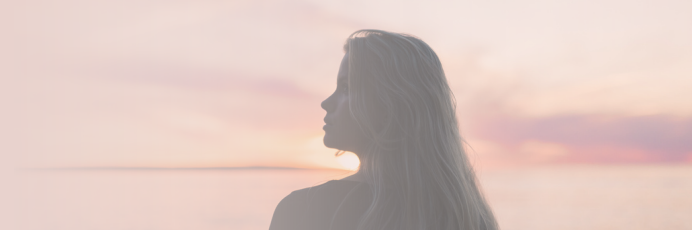


HERE FOR YOU.



NMU COUNSELING CENTER

906-227-2980

3405 Hedgcock, 8 a.m.-5 p.m., Mon-Fri

NMU's psychologists and counselors provide individual counseling, group counseling, and psycho-educational presentations. Emotional crisis appointments are available daily for urgent support.

NMU HEALTH CENTER

906-227-2355 to schedule an appointment
8 a.m.-5 p.m., Mon-Fri

The NMU Health Center is located in the lower level of Gries Hall and provides a variety of medical, pharmacy and laboratory services to current NMU students.

**The Health Center can refer students to a psychiatrist.*

HEALTH ADVOCATE

855-384-1800

For assistance after 5:00 p.m. Monday through Friday, and on weekends, you may call HealthAdvocate and talk to a licensed counselor. NMU provides this service at no cost to enrolled students

THERAPY ONLINE ASSISTANCE

TAO helps students work through issues such as anxiety, resilience, depression, relationship problems and substance issues. to register and download the app, go to: nmu.edu/counselingandconsultation.

If you are experiencing an emergency, and/or have intentions to harm yourself, please go directly to the emergency room or dial 911. The emergency room is located at 850 West Baraga Avenue, Marquette, MI 49855.

HELP LINES

Dial Help

Call 906-482-4357 or 800-562-7622.
Text 35NEEDS or 906-356-3337. Chat online at dialhelp.org.

National Suicide & Crisis Lifeline

Call or text 988

Pathways Community Mental Health

888-728-4929

Marquette County Crisis Line

888-728-4929

Veteran's Crisis Line

800-273-8255 and press 1.
Text 838 255 or chat online at veteranscrisisline.net



Wildcat Wellbeing

nmu.edu/wellbeing