HERE FOR YOU.

NMU COUNSELING CENTER
906-227-2980
3405 Hedgcock, 8 a.m.-5 p.m., Mon-Fri

NMI'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.

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.

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

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.

*The Health Center can refer students to a psychiatrist.

Wildcat Wellbeing | nmu.edu/wellbeing