

Student Wellness

The Student Wellness Center is MSU's one-stop shop for health and wellbeing. The 165,000 square foot state-of-the-art facility opened in August 2024 and provides a wide range of services and programs designed to support students on their wellness journey throughout their time at MSU. Prioritizing health and wellbeing during college is critical for student success, helping students manage stress, maintain and enhance physical and mental health, and achieve their academic and personal goals. Departments within Student Wellness include Campus Recreation, Counseling and Psychological Services, and Student Health Services. Student Wellness offers programs to reduce risk and harm from the use of substances and other drugs. Other programs include safe sex resources and training, basic needs support including a food pantry, and general wellness education. The Student Wellness Center is located at 950 W. Grant Street.

Student Health Services

[montana.edu/wellness/student-health-services/](https://www.montana.edu/wellness/student-health-services/) (<https://www.montana.edu/wellness/student-health-services/>)

Student Health Services provides comprehensive medical and dental care for MSU students. Services include primary care with lab and x-ray onsite, sexual health, psychiatry, women's health, nutrition counseling, emergency and preventative dental care, and a full-service pharmacy. Our goal is to empower students in navigating their health so they can make the most of their Bobcat experience. For more information call 406-994-2311.

Immunizations

[montana.edu/wellness/student-health-services/immunizations](https://www.montana.edu/wellness/student-health-services/immunizations) (<https://www.montana.edu/wellness/student-health-services/immunizations.html>)

All MSU students are required to show proof of current immunizations against the following vaccine-preventable diseases: measles, mumps, and rubella (two doses of each unless born before 1957). New students must also complete the Medical Services Tuberculosis Screening Form. Students identified by the screening process as high risk for tuberculosis must be tested for TB. Students will not be permitted to register for classes until Student Health Services receives verification of immunizations, screening, and (if required) tuberculosis testing. For questions or information call 406-994-2311.

Health Insurance

Health insurance for students (<https://www.montana.edu/wellness/student-health-services/msu-student-health-insurance.html>)

Montana State University students enrolled for six or more credits are required to carry health insurance. Health insurance is available for MSU students through our university-sponsored health insurance program. Students who have their own health insurance policy may waive participation in the university plan during registration. Contact the health insurance coordinator at studentinsurance@montana.edu for more information.

Student Wellness Health Education and Promotion Programs

www.montana.edu/wellness/services.html (<https://www.montana.edu/wellness/services.html>)

Student Wellness offers programs to support the health of the campus population, and to create an environment to support healthy choices. Programs include alcohol and drug education, basic needs including a

campus food pantry, safe sex resources and education, and general wellbeing education. For more information, please call 406-994-4380.

Counseling and Psychological Services (CPS)

[montana.edu/counseling](http://www.montana.edu/counseling/) (<http://www.montana.edu/counseling/>)

Counseling & Psychological Services (CPS) provides mental health counseling services to MSU's student population. Counseling services include individual and group therapy and are free and confidential. CPS sees students for a variety of concerns including adjustment difficulties, academic struggles, depression, anxiety, relationships, substance use, eating disorders, current/past trauma or abuse, problematic behaviors, identity concerns and many others. In addition to counseling services, CPS staff offer outreach and prevention programming including suicide prevention, and consultation and training to student organizations, faculty and staff. CPS is staffed by licensed psychologists, social workers, and counselors, as well as advanced graduate students, and is accredited by the International Accreditation of Counseling Services. The training program is accredited by the American Psychological Association.

Students can reach CPS at 406-994-4531 to schedule an appointment or visit the website for online scheduling options (<https://www.montana.edu/counseling/>). After hours crisis services can be accessed by calling or texting the Suicide and Crisis Lifeline 988 or call 911.

Campus Recreation

<https://www.montana.edu/campusrec/> (<https://www.montana.edu/wellness/campus-recreation/>)

Campus Recreation promotes and enhances student wellbeing through a variety of movement-based options. Programs welcome all levels of users by creating engaging, welcoming and informative options in all our program areas. We offer participation in 25 club sports, tournament and league intramural play, rentals, clinics, trips and workshops through our outdoor recreation program, drop-in classes for fitness or guided one on one personal training and open rec, lap swim in our aquatics program. Come join us and find your play. Call 406-994-5000 for more information.