

Student Wellness

Student Wellness unites four departments to provide services and support for whole-person health and wellbeing. Campus Recreation, Counseling & Psychological Services, Health Advancement and Student Health Services offer an array of services, programs and activities inside the state-of-the-art Student Wellness Center at 950 W. Grant Street.

Medical Services

[montana.edu/health/medical](http://www.montana.edu/health/medical.html) (<http://www.montana.edu/health/medical.html>)

Medical Services provides primary health care to MSU students. In addition to primary health care, Medical Services has a clinical laboratory, x-ray, pharmacy, nutrition and travel health service. Medical Services is a member of the American College Health Association. All MSU students who carry seven or more credits have been assessed the health fee each semester and are eligible for care. Students carrying fewer than seven credits may also receive care if they pay the health fee. For more information call 406-994-2311.

Immunizations

[montana.edu/health/immunization](http://www.montana.edu/health/immunization.html) (<http://www.montana.edu/health/immunization.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 Medical 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](http://www.montana.edu/health/medicalservices/eligibilityfeesandinsurance/msuinsurance.html) (<http://www.montana.edu/health/medicalservices/eligibilityfeesandinsurance/msuinsurance.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.

Dental Services

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

Dental Services provides dental care at reduced rates for all MSU-Bozeman students who have paid the health fee. Our services include but are not limited to complete and limited examinations, radiographs, routine and deep cleanings, fillings, crowns, night guards, dry socket treatment, take home bleaching kits, rebonding loose orthodontic retainers, and fabrication of custom athletic mouth guards as well as clear orthodontic retainers. For appointments or more information call 406-994-2314.

Health Advancement

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

Health Advancement educates, empowers and energizes the MSU community to thrive through a balanced lifestyle. Our focus is on the health of the campus population and creating an environment that supports healthy choices. Well-being is about how you feel and function. We follow a

risk reduction approach to alcohol, tobacco, and drug use, safe sex practices, positive body image, healthy nutrition, travel, development of resiliency, positive stress management, sleep hygiene and many other wellbeing related topics. Individual and group wellness coaching is offered as are individual appointments for nutrition and substance-use support. A Center for Students in Recovery is open to any student wanting an environment that supports sobriety. Health Advancement offers paid internships to allow students the opportunity to apply theory to practice while completing coursework, working collaboratively with all campus and community partners. For more information, please call 406-994-4380.

Bounty of the Bridgers, the student food pantry, is available for any student, faculty or staff member needing help with food security can access this resource. Visit our website for hours and location - <https://www.montana.edu/oha/bounty-of-the-bridgers.html>

Counseling and Psychological Services (CPS)

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

Counseling & Psychological Services (CPS) provides culturally sensitive counseling services to MSU's diverse 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. 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/>

Students taking 7 credits or more may access and participate in many of Campus Recreation's programs, services and facilities with no additional fees. Call 406-994-5000 for more information.

Sports

Campus Recreation's sports programs promote physical fitness, social contact, improved self-esteem, and foster wellness through organized recreation. They provide opportunities for participation in both team and individual sports, featuring approximately 70 different activities throughout the academic year.

Fitness

For fitness, the Student Wellness Center features gymnasiums, courts, group fitness classes, personal trainers, a large fitness area, running track, pool, sauna, and more. (As noted above, Fitness Center memberships are free to students enrolled in 7 credits or more.)

Outdoor Recreation

Outdoor Recreation offers a variety of services including equipment rental, group outings, bike & ski shop, climbing wall, trips, clinics, non-credit instructional classes and other activities. Further information may be obtained at 994-3621.