

Wellness & Mental Health Student Supports



WELLNESS CHECK IN

A free and confidential virtual meeting with SIATech's Student Wellness Coordinator who can provide you with tools, tips, resources, and referrals to additional services; if needed. Use the QR code to make an appointment.



STUDENT WORKSHOPS

SIATech provides free workshops on a variety of topics in Mental Health and healthy dating and relationships.



COUNSELING/THERAPY

Through our partnership with Wellness Together, SIATech students are able to sign up for free virtual counseling/therapy sessions. Both individual and group counseling are available.



MONTHLY WELLNESS CHALLENGES

We value your voice! Every month, we put out a survey on Schoology to better understand how to support you. You can win prizes just by participating!



STUDENT-LED MENTAL HEALTH CLUB

We are looking for students to serve as Mental Health Leaders for their campus to collaborate with other student leaders on ideas to better support your peers in monthly meetings. Student Leaders will be offered training and resources and this experience can even be added to your resume!



CONTACT OUR STUDENT WELLNESS COORDINATOR
wellness@siatech.org

Mental Health Matters



WELLNESS WEBSITE

For additional resources from SIATech, visit SIATechschoools.org/mental-health-and-wellness