

Health & Wellness at Montana State University

Medical and Pharmacy Services

Staffed by licensed and registered medical professionals, Medical Services provides acute and ongoing health care for current MSU students. Full-service amenities include acute care, continuity care, on-site lab, x-ray, and pharmacy. The MSU pharmacy sells prescription and over-the-counter medication and provides education on prescribed drug use. The pharmacy fills prescriptions from MSU providers as well as prescriptions from other providers licensed in the US. Prescription transfers are also accepted.

406.994.2311 | studenthealth@montana.edu | montana.edu/health/medical.html

Counseling & Psychological Services (CPS)

CPS provides individual, group, and couples confidential counseling to both undergraduate and graduate students as well as offers workshops and trainings. CPS offers same day walk in appointments to students who need immediate support, as well as Let's Talk drop-in consultations throughout the week. Additionally, CPS offers self-help resources and trainings on a variety of topics.

406.994.4531 | montana.edu/counseling

Dental Services

MSU Dental Services' experienced staff is ready to care for your dental needs. Services include routine cleanings, scaling and root planning (deep cleaning), in-office and take-home Fluoride treatments, radiographs to assess cavities and wisdom teeth, tooth colored resin fillings for cavities and broken teeth, and crowns.

Other services can be explored upon consultation.

406.994.2314 | dental@montana.edu | montana.edu/dental/

Office of Health Advancement (OHA)

Office of Health Advancement educates, empowers, and energizes the MSU community to thrive through a balanced lifestyle. OHA promotes generalized well-being by educating on topics such as sexual health, nutrition, physical activity, stress management, as well as the use of alcohol, tobacco, and other drugs. OHA addresses primary health and safety risks specific to the college population by applying evidence informed and collaborative prevention strategies.

406.994.4380 | healthadvancement@montana.edu | montana.edu/oha/

Office of Disability Services

The Office of Disability Services strives to help students with disabilities reach their personal best. This is accomplished through providing reasonable academic accommodations, connecting students to other campus resources, and promoting self-advocacy skills. The Office of Disability Services' purpose is to provide access to all college programs, services, and activities for students with disabilities.

406.994.2824 | disabilityservices@montana.edu | montana.edu/disabilityservices/

Online Trainings & Prevention Education

MSU offers a variety of online training courses, some of which are required for incoming students while others are optional. This includes prevention education courses on alcohol, drug use, and sexual assault. Additional online trainings include YOU@MSU, Kognito Suicide Prevention, WellTrack, and MSU Assist which is a guide to help staff and students support mental health on campus.

montana.edu/counseling/mental-health-and-wellness.html

Wellness Coaching

Wellness coaching is simply a conversation between students and a coach to help discover and achieve a personal path to wellness. Coaching helps students identify and create the conditions needed to make lasting change in regard to wellness goals and encourages self-acceptance, positive mindset, and personal growth.

406.994.4380 | montana.edu/oha/wellnesscoaching/index.html

Food & Nutrition

Nutrition counseling, meal planning, and education is available through MSU's Nutrition Services. There are also a variety of resources and staff available to assist students eating in the dining halls including concerns regarding allergies and intolerances, dietary preferences, or if students need individualized support. The Bounty of the Bridgers Food Pantry provides supplemental and emergency food assistance to students, faculty, and staff at no cost.

**406.994.4380 | www.montana.edu/oha/nutrition/index.html |
montana.edu/culinaryservices/nutrition.html**

Personal Training

MSU Campus Recreation offers one-on-one personal training sessions, as well as small group training sessions at cost. Hosted at the fitness center, this is a great way to improve fitness and overall wellness.

Whether a student is training for marathon or looking to lose weight, a personal trainer can assist.

406.994.5000 | montana.edu/campusrec/

Group Fitness Courses

MSU Campus Recreation hosts group fitness classes in the fitness center each semester including yoga, cycling, Zumba, strength and conditioning, and more.

406.994.5000 | montana.edu/campusrec/

Activity Courses for Credit (ACT)

Each semester the School of Health & Human Development offers a variety of activity-based courses that students can enroll in that are typically 1 credit, pass/fail. Students have the chance to explore different types of active learning and overall provide them with a fun/school/work life balance. Classes offered on a regular basis include yoga, soccer, basketball, alpine skiing, snowboarding, weight training, bowling & billiards, circuit training, power cycling, avalanche training, and many more.

Act Coordinator- abbey.holm@montana.edu | montana.edu/act/

Club & Intramural Sports

MSU offers many ways for students to get involved with sports that are not at the NCAA level. There are 27 club sports ranging from snow sports to soccer, lacrosse, or equestrian and a variety of intramural sports that differ based on season. Club sports are completely student led organization, teams compete and travel against schools within the western region. Intramural sports are low-commitments teams and often have 1 game a week against other MSU students, these can include volleyball, dodgeball, cornhole, or ultimate frisbee.

Competitive Sports Coordinator - Madison.luney@montana.edu | montana.edu/campusrec/

Outdoor Campus Recreation

The Outdoor Recreation Program aims to provide outdoor opportunities and education to all members of the MSU community. There are a variety of clinics, courses and programs that engage students within Montana's beautiful landscape. These include, backpacking trips, bear & avalanche safety, bouldering, wilderness medicine, and ski/snowboarding. Additionally, freshmen have the opportunity to sign up for Expeditions MSU which is a five-day trip that occurs during the summer before the start of classes. Outdoor recreation is located on West Lincoln St. close to Roskie Hall and offer gear rentals at a discounted rate for all students & faculty.

406.994.3621 | outdoorrecreation@montana.edu | montana.edu/outdoorrecreation/