

GET TO KNOW THE CENTER FOR STUDENT WELL-BEING

The **Morrison Family Center for Student Well-being (MFCSW)** is an education, outreach, and support office dedicated to enhancing the physical, social, and emotional well-being of K-State students.

With a focus on proactive and relevant skills, we will provide opportunities for students to enhance their well-being to become

WellCATS for Life

MFCSW offers guidance on a variety of health and well-being topics. We also offer essential resources, individual student support, and impactful programs:

Well-being Advising

KANSAS STATE
UNIVERSITY

Morrison Family
Center for Student Well-being

Well-being Advising

A non-clinical approach to providing support in the areas of social and emotional well-being. Engage in activities and explore strategies to strengthen well-being challenges Log into Navigate. Select **Appointments**, click **Schedule an Appointment**, select **More Student Services**, select **Well-being Advising**. Pick a date and time and **Schedule** at the bottom of your screen.

Health and Hygiene Kits

Health kits include items such as a thermometer, ibuprofen, and lip balm.

Hygiene kits include items such as deodorant, shampoo/conditioner, and soap. **Wrap kits** include items related to sexual health, safety, and consent. Scan this QR code to request a kit or kits!



Green Bandana Project Training

K-State has partnered with **The Green Bandana Project** to continue a national campaign to spread suicide prevention and mental health awareness.

21st Birthday Project

The **21st Birthday Project** aims to reduce harmful drinking patterns surrounding students' 21st birthday celebrations. Celebrants are invited via email to attend a one-on-one, brief educational session with a Peer Education Leader the week before their 21st birthday.

MENU OF PRESENTATIONS

We offer several presentations and workshops.
To request a presentation, scan this QR code.



WELL-BEING WORKSHOPS

PERMAH Wellbeing Survey: A Guided Presentation

Assess your well-being with the PERMAH Wellbeing Survey for Students.



Building Connection with 'Cats Connect
Build community and find your K-State family.

HEALTH EDUCATION PRESENTATIONS

- Alcohol and Substance Misuse
- Every Wildcat a WellCAT Resources Overview
- Live Life Well: Lafene Health Center Presentation
- Sexual Health Presentation
- TELUS Health Student Support Presentation
- Stress Management

SEXUAL ASSAULT PREVENTION

- Healthy Relationships in the Digital Age
- Healthy Relationships and Consent 101
- Bringing in the Bystander
- Don't Stand By: Addressing Sexual Violence in Our Community
- Protect Your Peace: Consent and Boundaries



CONTACT US:



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