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.

MENU OF PRESENTATIONS

We offer several presentations and workshops.

To request a presentation, scan this QR code.

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



WELL-BEING WORKSHOPS

PERMAH

CONTACT US:

PERMAH Wellbeing Survey:

A Guided Presentation

Assess your well-being with

the PERMAH Wellbeing

Survey for Students.

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.

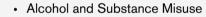
Health and Hygiene Kits

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!



HEALTH EDUCATION PRESENTATIONS



- 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



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.



Build community and find your K-State family.

217 K-State Union **Health Education Division** 261 Lafene Health Center

MFCSW



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