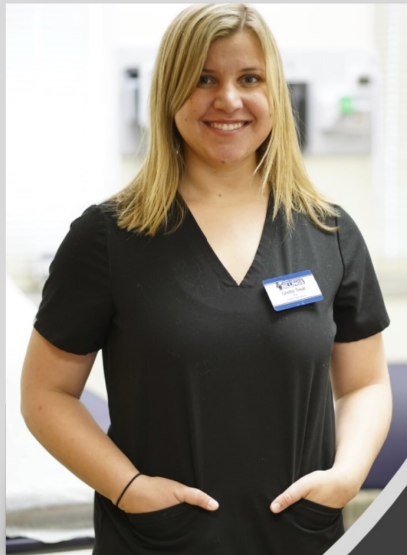


# COVID-19 Vaccine and Testing Resources



## Student Resources

Symptomatic students are able to be tested for Covid-19 at Student Health Services. Vaccines are also available. Students may choose between the 2 shot series Moderna vaccine or the one shot Johnson and Johnson vaccine.

## Community Resources

For community members, vaccines are free and widely available. Most pharmacies carry a variety of vaccines to choose from. To schedule your vaccine today visit

[www.vaccines.gov](http://www.vaccines.gov)

Testing is also widely available at pharmacies and other medical providers in the community.

## Contact Us for Counseling Services

### Student Health Services

University Campus  
2nd Floor Petro Hall

City College  
2nd Floor Tech Building

### Phone

406-657-2153

### Website

<https://www.msubillings.edu/studenthealth/>

### Email

[msubhealth@msubillings.edu](mailto:msubhealth@msubillings.edu)

# MSUB SHS Mental Health and Covid -19 Information



## Kognito

Kognito is an online, interactive training on mental health literacy and suicide prevention. The trainings include educations on positive coping strategies, tools for recognizing students in distress, strategies for communicating concerns and how to take action to find more support.

## You at College

You at College, an app, available to all MUS students and employees, includes evidence-based content, interactive tools, resources, and personalized content to help student and employees address their mental wellness needs and more. MSUB has a campus specific version that includes resources and tools specific to that campus and community.

## Thriving Campus

Thriving Campus is an online referral platform to help connect students to mental health care providers and specialists in their campus and home communities. Users can search providers by a variety of filters, including telehealth delivery, location, accepting patients, accepted insurance, and more!

## More info to follow!



# MSUB SHS Mental Health Trainings

## "I got this" Resilience Workshop

"I Got This" is an interactive resilience workshop that is based on the premise that personal resilience is action oriented and unique to each person. This workshop guides attendees through a fun, reflective, and hands-on activity that gives each attendee the opportunity to create a resilience road map that identifies what personal qualities make them currently resilient (where they have come from) and how they can specifically become more resilient (where they can go if they choose).

**Staff and Faculty Session**  
**Wednesday September 15th**  
**Noon-1PM Missouri Room**

**Student Session**  
**Wednesday September 22nd**  
**3:30PM-5:00PM**  
**Missouri Room**

## QPR Training

This 1.5 hour suicide prevention training equips participants with the skills to intervene with an individual who appears to be suicidal. Training dates are listed below:

**Wednesday October 6th:**  
**10:00AM-11:30AM or 3:00PM-4:30PM**  
**Banquet A & B**

**Wednesday November 3rd:**  
**10:00AM-11:30AM or 3:00PM-4:30 PM**  
**Beartooth**

**Wednesday November 3rd:**  
**10:00AM-11:30AM or 3:00PM-4:30 PM**  
**Beartooth**

## Mental Health First Aid

This comprehensive 8 hour training provide participants with the skills to recognize individuals struggling with mental health or substance abuse and how to respond. This training is broken up into two four-hour sessions over the course of two days.

**Tuesday December 21st &  
Wednesday December 22nd**  
**8:00AM-12:00PM**  
**LA 205**

**Tuesday January 4th &  
Wednesday January 5th**  
**1:00PM-5:00PM LA 205**

