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
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
MSUB SHS Mental Health Trainings

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-4:30PM
  - Beartooth

Mental Health First Aid
This comprehensive 8 hour training provides 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

"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

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.

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.

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!