

# Well-being Advising

A free service for K-State students providing non-clinical support in the areas of social and emotional well-being.

**Who** : Any K-State student  
**What** : Engage in activities and explore strategies to strengthen well-being challenges  
**Where** : Morrison Family Center for Student Well-being, 2nd Floor, Room 217, K-State Student Union

## Reasons to meet with a Well-being Advisor:

- Improve emotional well-being, coping skills, emotional regulation
- Improve social well-being, relationship building, communication skills
- Seek direction for clinical care, if needed
- Enhance decision-making related to career and/or course of study
- Develop health education knowledge, such as understanding insurance requirements
- Create a Well-being Plan to help you explore strategies and change behaviors
- Would like to talk with someone, but not sure where to start

## Follow these steps to schedule a meeting:

1. Log into **Navigate**
2. On the left menu, select **“Appointments”**
3. Click **“Schedule an Appointment”**
4. Under **Type of Appointment**, select **“More Student Services”**
5. Under **Service** select **“Well-being Advising”**
6. Click on a blue bubble to pick an available date and time
7. Confirm final details and click **“Schedule”** at the bottom of your screen

*Well-being Advising is available throughout the semester, except during university holidays and breaks.*

**WellCAT for** *Life*

**KANSAS STATE**  
**UNIVERSITY**

Morrison Family  
Center for Student Well-being

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