

WALK IN ANYTIME DURING POSTED HOURS. NO APPOINTMENT IS REQUIRED.

Ranger Ready **Wellness Check-Ins**

Our campus approach to Screening, Brief Intervention, and Referral to Treatment (SBIRT)

FALL 2026 SEMESTER

TUESDAYS & WEDNESDAYS

10:30 A.M. – 1:45 P.M.

RYERSON HALL 209

FREE • CONFIDENTIAL • NO APPOINTMENT NEEDED

WHAT TO EXPECT

Ranger Ready Wellness Check-Ins are a free, non-emergency student support resource available through NWOSU Counseling Services. Talk briefly about wellness concerns, receive education and support, and connect with campus or community resources and referrals when needed.

These check-ins are not counseling and do not replace Counseling Services. They are an additional early-intervention resource designed to help students identify concerns and connect with the appropriate level of support.