Self-Education
Online trainings, screenings, and resources to learn on your own

**My Total Rewards Wellness**
Wellness tips, information, and activities to encourage positive lifestyle choices and a culture of health, available to all faculty and staff. Some topics covered are eating well, being active, and work-life balance. Learn more at umsystem.edu/totalrewards/wellness.

**Sanvello**
App to help manage stress, anxiety, depression, and build resiliency. Access the premium app for free with your @mst.edu email. Learn more at sanvello.com.

**Ask.Listen.Refer**
Quick online suicide prevention training recommended for all students, staff, and faculty. Learn to identify people at risk, recognize the risk factors, warning signs of suicide, and how to respond and get help. Take the training at asklistenrefer.org/mst.

**Collegiate Recovery Ally Training**
Training designed to help faculty, staff, and students support individuals in recovery from substance use disorders. Take the training at mopiptraining.org/macro.

**MindWise Screenings**
Brief mental and behavioral health screenings to determine if you or someone you care about should connect with a counselor or other professional. Take a screening at helpyourselfhelpothers.org.

**Well-Being Quick Reference Guide**
This guide can give quick options on what to do when you or someone else is having a health or well-being concern. Learn more at wellbeing.mst.edu/resources/well-being-quick-reference-guide/.

**Wellness Connection Newsletters for Faculty**
Sent via email, these newsletters contain up-to-date well-being resources and activities to increase the reader’s ability to support themselves and those around them. Learn more at wellbeing.mst.edu/self-education/monthlypublications/.

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Contact Information
Supporting the health and well-being of our campus community members is a high priority here at Missouri S&T. If you are struggling, YOU ARE NOT ALONE, and there are resources that can help. This brochure aims to give you up-to-date services, departments, and groups to support your own, and others’, mental well-being. For general help and concerns, contact one of the departments listed below.

For any questions or concerns regarding this specific document, contact Laura Woods-Buchanan (laurawoods-buchanan@mst.edu), Health Communications Specialist, Student Well-Being.

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**Student Well-Being**
Jessica Gargus, M.Ed., CHES
wellbeing@mst.edu
wellbeing@mst.edu
573.341.4211
204 Norwood Hall

**Human Resources**
Rhonda Byers, SHRM-SCP, SPHR
hr@mst.edu
hr@mst.edu
573.341.4241
113 Centennial Hall

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Find S&T health and well-being resources on social media: @sandtwellbeing

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Updated August 2021
Counseling and Mental Health Services

ComPsych - Employee Assistance Program
University employees and their household members are eligible for free, confidential counseling services through the Employee Assistance Program (EAP), provided by ComPsych. The EAP provides short term counseling both in person or over the phone. Learn more at umsystem.edu/totalrewards/benefits/eap, or call 813.315.0794.

Local Mental Health Service Providers

Benton Street Counseling
1030 Kingshighway Suite A, Rolla, MO, 65401
573.433.2833

Healing Hearts Counseling
901 N. Pine Street #101, Rolla, MO, 65401
573.426.2277

Hope Connections Counseling
103 W 10th Street, Rolla, MO, 65401
833.338.4673

ComPsych: Employee Assistance Program
Provides behavioral health, substance use, and general health services. Learn more at compasshealthnetwork.org.
1450 E. 10th Street, Rolla, MO, 65401
1.888.403.1071

Phelps Health Behavioral Health Services
Provides help with emotional, psychiatric, psychological or behavioral problems. Learn more at phelpshealth.org/conditions-treatments/behavioral-health.

Southeast Missouri Behavioral Health
Provides help with dependencies, emotional concerns, psychiatric disorders, and more. Learn more at semobh.org.

Russell House
Provides services to support victims of domestic and sexual violence. They provide professional counseling and support groups. Learn more at russellhousemo.org.
200 N. Main Street, Rolla, MO, 65401
573.458.6265

Psychology Today
Finding a mental health provider can be daunting. Psychology Today allows you to find mental health professionals by filtering insurance, location, and concerns. Learn more at psychologytoday.com.

Crisis and After Hours Services

Possible Signs of a Mental Health Crisis
When someone does one of the following:
• Tells you they plan to end their life or talks about suicide threats
• Cannot guarantee their own safety
• Is at risk of suicide and under the influence of alcohol or drugs
• Is at risk of suicide and emotionally distraught, very depressed, angry, or anxious
• Is at risk of suicide and has access to means (pills, gun, etc.)
• Begins putting affairs in order (giving away possessions, etc.)
• Talks about the future without them in it (I won’t be here by then)
• Has dramatic mood changes, including suddenly seeming to get better for no reason

Dealing with a Mental Health Crisis
• Remain calm, act quickly, and listen without judgement
• DO NOT leave the person alone if you think their life is in danger
• Trust your instincts that the person may be in trouble
• Get help if you don’t know what to do
• DO NOT PROMISE SECRECY - there is no confidentiality in life-threatening situations

All services below are available 24/7. In an emergency, call 911 first.

Compass Health Hotline
Hotline staffed by mental health professionals who can respond to a crisis and determine next steps. Call 1.800.833.3915 to access.

Crisis Text Line
Global organization providing free crisis intervention via SMS message. Text HOME to 741741 to access.

National Suicide Prevention Lifeline
US-based suicide prevention network that provides a toll-free hotline available to anyone in suicidal crisis or emotional distress. Call 1.800.273.8255 to access.

University Police Department
Supports the campus community in fulfilling its commitment to teaching, research, and service by providing a safe and secure environment for students, faculty, staff, and visitors in partnership with all members of the campus community. Call 573.341.4300 or visit police.mst.edu.

Campus and Community Resources

My Total Rewards
Learn about and find contact information for benefits, compensation, and retirement. Learn more at umsystem.edu/totalrewards.

United Healthcare
Medical insurance for eligible S&T faculty and staff. Learn more at myuhc.com or umsystem.edu/totalrewards/benefits.

Your Community Health
Provides access to high quality, compassionate, patient-centered health care to everyone. Learn more at your-chc.org.

Health and Well-Being Campus Committee
Formed in partnership with JED Campus, this committee aims to enhance emotional health, substance use prevention, suicide prevention, and mental health safety nets on campus. To learn more or request to join, email Student Well-Being (wellbeing@mst.edu).

Prevention Coalition
Network of campus and community partners who work to encourage positive choices and reduce the impact of high-risk behavior associated with alcohol and other drugs. To learn more or request to join, email Student Well-Being (wellbeing@mst.edu).

Faculty Champions
Appointed department representatives that serve as points of contact for information and resources to support student and faculty well-being. Learn more at wellbeing.mst.edu/resources/well-being-quick-reference-guide/faculty-champions/.

Well-Being Consultations and Presentations
Student Well-Being offers wellness consultations and group presentations in a large variety of topics. Learn more at wellbeing.mst.edu/appointments/wellness-consultations.

UCARE (University Committee for Assistance, Response, and Evaluation)
Committee that assesses students who may be at risk for mental health concerns. Campus members are encouraged to make a UCARE referral when concerned about a student, regardless of how minor the concern seems. Learn more at ucare.mst.edu.

Supports the campus community in fulfilling its commitment to teaching, research, and service by providing a safe and secure environment for students, faculty, staff, and visitors in partnership with all members of the campus community. Call 573.341.4300 or visit police.mst.edu.