

## 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](https://umsystem.edu/totalrewards/wellness).

### Sanvello

App to help manage stress, anxiety, depression, and build resiliency. Access the premium app for free wwith your @mst.edu email. Learn more at [sanvello.com](https://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](https://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](https://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](https://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](https://wellbeing.mst.edu/resources/well-being-quick-reference-guide).

### Wellness Connection Newsletters for Employees

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](https://wellbeing.mst.edu/self-education/monthlypublications).

## Contact Information

Supporting the health and well-being of our campus community members is a high priority 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 below.

To request any updates or changes to this brochure, contact Laura Woods-Buchanan ([laurawoods-buchanan@mst.edu](mailto:laurawoods-buchanan@mst.edu)), Health Communications Specialist, Student Well-Being.

### Student Well-Being

Jessica Gargus, Director  
[wellbeing@mst.edu](mailto:wellbeing@mst.edu)  
[wellbeing.mst.edu](https://wellbeing.mst.edu)  
573.341.4211  
204 Norwood Hall

### Human Resources

Cindi Nelson, CHRO  
[hr@mst.edu](mailto:hr@mst.edu)  
[hr.mst.edu](https://hr.mst.edu)  
573.341.4241  
113 Centennial Hall

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



## MENTAL WELL-BEING RESOURCES FOR FACULTY AND STAFF

Updated June 2022

# 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](https://umsystem.edu/totalrewards/benefits/eap), or call 833.515.0754.

## 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

### Compass Health

Provides behavioral health, substance use, and general health services. Learn more at [compasshealthnetwork.org](https://compasshealthnetwork.org).  
1450 E. 10th Street, Rolla, MO, 65401  
844.853.8937

### Phelps Health Behavioral Health Services

Provides help with emotional, psychiatric, psychological or behavioral problems. Learn more at [phelpshealth.org/conditions-treatments/behavioral-health](https://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](https://semobh.org).

### Russell House

Provides services to support victims of domestic and sexual violence. They provide free professional counseling and support groups. Learn more at [russellhousemo.org](https://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](https://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

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

## Compass Health Crisis Line

Hotline staffed by mental health professionals who can respond to a crisis and determine next steps. Call 888.237.4567 to access. You can also call the Behavioral Health Crisis Center Line at 833.356.2427.

## 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 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](https://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](https://umsystem.edu/totalrewards).

## United Healthcare

Medical insurance for eligible S&T faculty and staff. Learn more at [myuhc.com](https://myuhc.com) or [umsystem.edu/totalrewards/benefits](https://umsystem.edu/totalrewards/benefits).

## Four Rivers Community Health Center

Provides access to high quality, compassionate, patient-centered healthcare to everyone. Learn more at [fourrivers.org](https://fourrivers.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](mailto: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](mailto:wellbeing@mst.edu)).

## STEP UP! Committee

STEP UP! helps campus members recognize problematic events and increases their motivation, skills, and confidence when responding to those events. The committee focuses on training efforts, marketing of events, and updating current and creating new program curriculum. Learn more or request to join at [stepup.mst.edu](https://stepup.mst.edu).

## Well-Being Consultations and Presentations

Student Well-Being offers one-on-one wellness consultations and group presentations in a large variety of topics. Learn more at [wellbeing.mst.edu/appointments/wellness-consultations](https://wellbeing.mst.edu/appointments/wellness-consultations) and [wellbeing.mst.edu/presentations](https://wellbeing.mst.edu/presentations).

## UCARE (University Committee for Assistance, Response, and Evaluation)

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. Learn more at [ucare.mst.edu](https://ucare.mst.edu).