

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.

Ask.Listen.Refer

Quick online suicide prevention training recommended for all students, staff, and faculty. Take the training at asklistenrefer.org.

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 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.

Health and Well-Being Resource Directory

Find on-campus, off-campus, and online resources sorted by topic area. Learn more at wellbeing.mst.edu/resources/directory.

Promoting Well-Being in the Classroom

This webpage, co-designed by faculty for faculty use, provides information and resources on how well-being can be incorporated in learning environments on campus. Learn more at undergrad.mst.edu/classroom-wellbeing.

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), Health Communications Specialist, Student Well-Being.

Student Well-Being

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



MENTAL WELL-BEING RESOURCES FOR FACULTY AND STAFF

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Counseling and Mental Health Services

Employee Assistance Programs

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

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.
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.

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 free 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 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 or text **988** 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.

Four Rivers Community Health Center

Provides access to high quality, compassionate, patient-centered healthcare to everyone. Learn more at fourivers.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).

STEP UP! Committee

STEP UP! helps campus members recognize problematic events and increases their motivation, skills, and confidence when responding to those events. Learn more or request to join at stepup.mst.edu.

Health and Well-Being Presentations

Student Well-Being offers presentations for faculty and staff departments, committees and groups in a large variety of topics. Learn more at wellbeing.mst.edu/presentations.

Staff Success Center

The S&T Staff Success Center is dedicated to empowering and educating staff to continue to grow personally and professionally. Learn more at staffcouncil.mst.edu/staffsuccesscenter.

Faculty and Staff Champions

Faculty Champions and Staff Champions are faculty and staff members trained to support their own well-being and the well-being of fellow employees and the students they interact with. Learn more at wellbeing.mst.edu/resources/get-involved.