# Well-Being Quick Reference Guide

## Academic Concerns
- Change in quality of work
- Excessive Absence
- Missing Student
- Career or Major Concern
- Academic Accommodations

### Mild Distress
- Academic Advisor: lead.mst.edu
- Math Learning Center: math.mst.edu
- Writing Center: writing.mst.edu
- Career/Major Advice: Career.mst.edu
- S&T Connect: sandconnect.mst.edu
- Report Student of Concern: ucare.mst.edu

### Moderate Distress
- Academic Advisor: ucare.mst.edu
- Counseling: St. Well-Being: wellbeing.mst.edu
- Coaching Tutoring: Student Success: studentsuccess.mst.edu
- Care Management: caremanagement.mst.edu
- Testing and Student Disability Services: testingcenter.mst.edu
- Student Diversity Initiatives (SDI): sandconnect.mst.edu
- Student Financial Assistance: sfaf.mst.edu

### Extreme Distress
- Call 911
- Report Student of Concern: ucare.mst.edu
- Counseling: St. Well-Being: wellbeing.mst.edu
- Care Management: caremanagement.mst.edu

## Concerning Behavior Concerns
- Disruptive
- Disturbing Written Content
- Poor Hygiene
- Alcohol/Substance Misuse
- Serious Change in Appearance
- Threatening Behavior

### Mild Distress
- Counseling: St. Well-Being: wellbeing.mst.edu
- Screenings for Mental Health:
  - Body Image
  - Alcohol Drug Misuse
- Suicide Prevention Training: asklisten.refer.org/mst
- Report Student of Concern: ucare.mst.edu

### Moderate Distress
- Counseling: St. Well-Being: wellbeing.mst.edu
- Minors Recovery Group Sessions
- Care Management: caremanagement.mst.edu
- Student Well-Being: wellbeing.mst.edu
  - Alcohol and Marijuana Use Consultations

### Extreme Distress
- Call 911
- Report Student of Concern: ucare.mst.edu
- Counseling: St. Well-Being: wellbeing.mst.edu
- Care Management: caremanagement.mst.edu

## Medical Concerns
- Injury
- Illness
- Problem with Medication
- Medical Condition
- Misuse of Medication

### Mild Distress
- Student Health: studenthealth.mst.edu
- Care Management: caremanagement.mst.edu
- Student Diversity Initiatives (SDI): sandconnect.mst.edu
- Student Financial Assistance: sfaf.mst.edu

### Moderate Distress
- Student Health: studenthealth.mst.edu
- Care Coordination for medical needs
- Student Disability Services: sfaf.mst.edu
- General Wellness Consultations

### Extreme Distress
- Call 911
- Report Student of Concern: ucare.mst.edu
- Counseling: St. Well-Being: wellbeing.mst.edu
- Care Management: caremanagement.mst.edu

## Mental Well-Being Concerns
- Anxiety
- Depression
- Disordered Eating
- Emotional Distress
- Self-Injury
- Alcohol/Substance Misuse
- Victim of Violence or Harm
- Suicidal Ideation
- Suicidal Behavior

### Mild Distress
- Counseling: St. Well-Being: wellbeing.mst.edu
- Suicide Prevention
- Mental Health Screenings
- Stress Less Room
- Body Image Screening
- Self Help Library
- Group/Individual Counseling Sessions

### Moderate Distress
- Counseling: St. Well-Being: wellbeing.mst.edu
- Wellness Consultations
- Mindfulness Groups
- Wellness Trainings
- Report Student of Concern: ucare.mst.edu

### Extreme Distress
- Counseling: St. Well-Being: wellbeing.mst.edu
- Alcohol and Marijuana Use Consultations
- Care Management: caremanagement.mst.edu
- Student Health: studenthealth.mst.edu
- Equity and Title IX: equity.mst.edu
- Protection against discrimination on the basis of a protected class, sex, or gender
- University Police Department: police.mst.edu

### Personal Concerns
- Isolation or Loneliness
- Relationship
- Depression
- Disordered Eating
- Emotional Distress
- Self-Injury
- Alcohol/Substance Misuse

### Mild Distress
- Getting Involved: involvement.mst.edu
- Student Clubs and Organizations
- Fraternity and Sorority Life
- Volunteerism and Civic Engagement
- Peer Involvement Advisors (PIA)
- Mind Support Network: wellbeing.mst.edu
- Care Management: caremanagement.mst.edu

### Moderate Distress
- Counseling: St. Well-Being: wellbeing.mst.edu
- Student Financial Assistance: sfaf.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Emergency Fund: studentfund.mst.edu
- Student Diversity Initiatives (SDI): sandconnect.mst.edu
  - Food Pantry
  - Resource Library
  - LGBTQ+ Resource Center

### Extreme Distress
- Call 911
- Report Student of Concern: ucare.mst.edu
- Counseling: St. Well-Being: wellbeing.mst.edu
- Care Management: caremanagement.mst.edu

---

Visit wellbeing.mst.edu/resources/well-being-quick-reference-guide for an interactive version of this handout.