

HEALTH AND WELL-BEING COMMITTEE

Well-Being Quick Reference Guide

Learn more about the committee at wellbeing.mst.edu

← MENTAL WELL-BEING CONTINUUM →

	RESOURCES		
	Mild Distress	Moderate Distress	Extreme Distress
ACADEMIC >> Change in quality of work >> Excessive Absence >> Missing Student >> Career or Major Concern >> Academic Accommodations	Academic Advisor LEAD Tutoring: lead.mst.edu Math Learning Center: math.mst.edu Writing Center: writingcenter.mst.edu Career Opportunities and Employer Relations: career.mst.edu S&T Connect: sandtconnect.mst.edu	Academic Advisor Student Well-Being: wellbeing.mst.edu Tutoring: studentsuccess.mst.edu Student Support and Community Standards: studentsupport.mst.edu Student Accessibility: saat.mst.edu Refer Student of Concern: ucare.mst.edu	Call 911 University Police Department: police.mst.edu , 573.341.4300 Student Well-Being: wellbeing.mst.edu Student Support and Community Standards: studentsupport.mst.edu Refer Student of Concern: ucare.mst.edu
CONCERNING BEHAVIOR >> Disruptive >> Disturbing Written Content >> Poor Hygiene >> Alcohol/Substance Misuse >> Serious Change in Appearance >> Threatening Behavior >> Suicidal Actions	Student Well-Being: wellbeing.mst.edu Screenings for Mental Well-Being Body Image Alcohol/Drug Misuse Suicide Prevention Training: asklistenrefer.org/mst Refer Student of Concern: ucare.mst.edu	Student Well-Being: wellbeing.mst.edu Group Counseling Alcohol/Marijuana Use Consultations Student Support and Community Standards: studentsupport.mst.edu Refer Student of Concern: ucare.mst.edu	Call 911 University Police Department: police.mst.edu , 573.341.4300 Student Well-Being: wellbeing.mst.edu Student Support and Community Standards: studentsupport.mst.edu Refer Student of Concern: ucare.mst.edu
MEDICAL >> Injury >> Illness >> Problem with Medication >> Medical Condition >> Misuse of Medication	Student Health Services: studenthealth.mst.edu	Student Health Services: studenthealth.mst.edu Student Support and Community Standards: studentsupport.mst.edu Student Accessibility and Testing: saat.mst.edu Student Well-Being: wellbeing.mst.edu	Call 911 University Police Department: police.mst.edu , 573.341.4300 Student Well-Being: wellbeing.mst.edu Student Support and Community Standards: studentsupport.mst.edu Refer Student of Concern: ucare.mst.edu
MENTAL WELL-BEING >> Anxiety >> Depression >> Disordered Eating >> Emotional Distress >> Self-Injury >> Alcohol/Substance Misuse >> Victim of Violence or Harm >> Suicidal Ideation >> Suicidal Behavior	Student Well-Being: wellbeing.mst.edu Suicide Prevention Mental Health Screenings Miner Oasis and Zen-Den Rooms Self Help Library Group/Individual Counseling Wellness Consultations and Trainings Student Diversity Initiatives: sdi.mst.edu	Student Well-Being: wellbeing.mst.edu Individual/Group Counseling Alcohol/Marijuana Use Consultations Student Support and Community Standards: studentsupport.mst.edu Student Health Services: studenthealth.mst.edu Equity and Title IX: equity.mst.edu Protection against discrimination on the basis of a protected class or sex Refer Student of Concern: ucare.mst.edu	Call 911 University Police Department: police.mst.edu , 573.341.4300 Student Well-Being: wellbeing.mst.edu Student Support and Community Standards: studentsupport.mst.edu Refer Student of Concern: ucare.mst.edu
PERSONAL >> Isolation or Loneliness >> Relationship >> Depression >> Disordered Eating >> Emotional Distress >> Self-Injury >> Alcohol/Substance Misuse	Getting Involved: involvement.mst.edu Student Clubs and Organizations Fraternity and Sorority Life Volunteerism and Civic Engagement Peer Involvement Advisors (PIAs) Peer Support: wellbeing.mst.edu Miner Support Network ProjectConnect Student Financial Assistance: sfa.mst.edu	Student Well-Being: wellbeing.mst.edu Student Support and Community Standards: studentsupport.mst.edu Student Emergency Fund: stuaff.mst.edu/emergency-fund Student Diversity Initiatives: sdi.mst.edu Food Pantry Resource Library LGBTQ+ Resource Center	Call 911 University Police Department: police.mst.edu , 573.341.4300 Student Well-Being: wellbeing.mst.edu Student Support and Community Standards: studentsupport.mst.edu Refer Student of Concern: ucare.mst.edu

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