# WELL-BEING QUICK REFERENCE GUIDE

**RESOURCES**

<table>
<thead>
<tr>
<th>MENTAL WELL-BEING CONTINUUM</th>
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</thead>
<tbody>
<tr>
<td><strong>Mild Distress</strong></td>
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<tr>
<td>Experiencing concerns with limited impact on daily activities</td>
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## TYPE OF CONCERN

**ACADEMIC**
- Change in Quality of Work
- Excessive Absence
- Missing Student
- Career or Major Concern
- Academic Accommodations

**CONCERNING BEHAVIOR**
- Disruptive
- Disturbing Written Content
- Poor Hygiene
- Alcohol/Substance Misuse
- Serious Change in Appearance
- Threatening Behavior
- Suicidal Actions

**MEDICAL**
- Injury
- Illness
- Problem with Medication
- Medical Condition
- Misuse of Medication
- Sexual Health

**MENTAL WELL-BEING**
- Anxiety
- Depression
- Panic or Anxiety Attacks
- Emotional Distress
- Self-Injury
- Unhealthy Coping Skills
- ADHD or Other Conditions
- Suicidal Ideation
- Suicidal Behavior

**PERSONAL**
- Isolation or Loneliness
- Relationship Concerns
- Victim of Violence or Harm
- Disordered Eating
- Identity or Cultural Concerns
- Stressful Life Events
- Financial Concerns
- Alcohol/Substance Misuse

## CONCERNS AND SIGNS

- Consult Academic Advisor: [wellbeing.mst.edu](wellbeing.mst.edu)
- Student Well-Being: [wellbeing.mst.edu](wellbeing.mst.edu)
- Student Support and Community: [studentsupport.mst.edu](studentsupport.mst.edu)
- National Suicide Prevention Lifeline: 988 (available 24/7)

### SIGNS OF A MENTAL HEALTH CRISIS:
- Tells you they plan to end their life
- 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, depressed, angry, or anxious
- Is at risk of suicide and has access to means for suicide (pills, gun, etc.)
- Begins putting affairs in order, like giving away possessions
- Talks about the future without them in it
- Has dramatic mood changes, including suddenly seeming to get better

Suicidal threats should always be taken seriously. Remain calm and help the student without judgment. DO NOT leave them alone if you feel their life is in danger and NEVER promise secrecy.

Learn more about emergency preparedness beyond mental well-being at [go.mst.edu/eop](go.mst.edu/eop)

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

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