

# WELL-BEING QUICK REFERENCE GUIDE

Learn more about how to recognize a mental health crisis at [wellbeing.mst.edu/resources/crisis](https://wellbeing.mst.edu/resources/crisis)

Refer a student concern at [go.mst.edu/ucare-refer](https://go.mst.edu/ucare-refer)

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

## RESOURCES

<<<<<<< MENTAL WELL-BEING CONTINUUM >>>>>>>

### 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

	Mild Distress Experiencing concerns with limited impact on daily activities	Moderate Distress Experiencing concerns with significant impact on daily activities	Extreme Distress/Crisis Imminent risk of harm to self and/or others
<b>ACADEMIC</b>	<p><b>Consult Academic Advisor</b> LEAD Tutoring: <a href="https://lead.mst.edu">lead.mst.edu</a> Math Learning Center: <a href="https://math.mst.edu">math.mst.edu</a> Writing Center: <a href="https://writingcenter.mst.edu">writingcenter.mst.edu</a> Career Opportunities and Employer Relations: <a href="https://career.mst.edu">career.mst.edu</a> Student Accessibility and Testing: <a href="https://saat.mst.edu">saat.mst.edu</a> Student Success Center: <a href="https://studentsuccess.mst.edu">studentsuccess.mst.edu</a></p>	<p><b>Consult Academic Advisor</b> Student Well-Being: <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> Student Success Center: <a href="https://studentsuccess.mst.edu">studentsuccess.mst.edu</a> Student Support and Community Standards: <a href="https://studentsupport.mst.edu">studentsupport.mst.edu</a> Student Accessibility and Testing: <a href="https://saat.mst.edu">saat.mst.edu</a> S&amp;T Connect: <a href="https://sandtconnect.mst.edu">sandtconnect.mst.edu</a></p>	<p><b>CALL 911 IN CASE OF AN EMERGENCY</b></p> <p><b>National Suicide Prevention Lifeline:</b> text or call 988 (available 24/7)</p>
<b>CONCERNING BEHAVIOR</b>	<p><b>Student Well-Being:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> Screenings for Mental Well-Being Body Image Alcohol/Drug Misuse <b>Online Suicide Prevention Training:</b> <a href="https://asklistenrefer.org/mst">asklistenrefer.org/mst</a></p>	<p><b>Student Well-Being:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> Group Counseling Alcohol/Cannabis Use Consultations <b>Student Support and Community Standards:</b> <a href="https://studentsupport.mst.edu">studentsupport.mst.edu</a></p>	<p><b>IN A MENTAL HEALTH CRISIS - MONDAY-FRIDAY 8AM-5PM:</b></p> <p><b>Student Well-Being:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> 573.341.4211, 204 Norwood Hall If you are able, escorting the student to the Student Well-Being counseling office is the best option. If the student is refusing help and/or is in imminent risk of harm to themselves or others, contact University Police or 911.</p>
<b>MEDICAL</b>	<p><b>Student Health Services:</b> <a href="https://studenthealth.mst.edu">studenthealth.mst.edu</a> <b>Student Accessibility and Testing:</b> <a href="https://saat.mst.edu">saat.mst.edu</a> Class and testing accommodations</p>	<p><b>Student Health Services:</b> <a href="https://studenthealth.mst.edu">studenthealth.mst.edu</a> <b>Student Support and Community Standards:</b> <a href="https://studentsupport.mst.edu">studentsupport.mst.edu</a> <b>Student Accessibility and Testing:</b> <a href="https://saat.mst.edu">saat.mst.edu</a> <b>Student Well-Being:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a></p>	<p><b>IN A MENTAL HEALTH CRISIS - EVENINGS AND WEEKENDS (24/7):</b></p> <p><b>University Police:</b> <a href="https://police.mst.edu">police.mst.edu</a> 573.341.4300, 205 W. 12th St</p>
<b>MENTAL WELL-BEING</b>	<p><b>Student Well-Being:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> Mental Health Screenings Miner Oasis Self Help Library Wellness Consultations and Trainings Health and Well-Being Coaching Grit and Resilience Workshop Series</p>	<p><b>Student Well-Being:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> Individual/Group Counseling Alcohol/Cannabis Use Consultations <b>Student Support and Community Standards:</b> <a href="https://studentsupport.mst.edu">studentsupport.mst.edu</a> <b>Student Health Services:</b> <a href="https://studenthealth.mst.edu">studenthealth.mst.edu</a> <b>Equity and Title IX:</b> <a href="https://equity.mst.edu">equity.mst.edu</a> Protection against discrimination on the basis of a protected class or sex</p>	<p><b>AFTER A CRISIS HAS OCCURED:</b></p> <p><b>Student Support and Community Standards:</b> <a href="https://studentsupport.mst.edu">studentsupport.mst.edu</a> 573.341.4209, 107 Norwood Hall</p>
<b>PERSONAL</b>	<p><b>Getting Involved:</b> <a href="https://involvement.mst.edu">involvement.mst.edu</a> Student Clubs and Organizations Fraternity and Sorority Life Volunteerism and Civic Engagement <b>Peer Support:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> Miner Support Network ProjectConnect <b>Student Financial Assistance:</b> <a href="https://sfa.mst.edu">sfa.mst.edu</a> <b>Strategic Diversity Initiatives:</b> <a href="https://sdi.mst.edu">sdi.mst.edu</a> <b>Student Well-Being:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> Group Counseling</p>	<p><b>Student Well-Being:</b> <a href="https://wellbeing.mst.edu">wellbeing.mst.edu</a> <b>Student Support and Community Standards:</b> <a href="https://studentsupport.mst.edu">studentsupport.mst.edu</a> <b>Student Emergency Fund:</b> <a href="https://stuaff.mst.edu/emergency-fund">stuaff.mst.edu/emergency-fund</a> <b>Strategic Diversity Initiatives:</b> <a href="https://sdi.mst.edu">sdi.mst.edu</a> Food Pantry Resource Library LGBTQ+ Resource Center</p>	<p><b>Refer a Student Concern:</b> <a href="https://go.mst.edu/ucare-refer">go.mst.edu/ucare-refer</a> Referrals are reviewed by Student Support and Community Standards, Student Well-Being, and University Police.</p> <p><b>SIGNS OF A MENTAL HEALTH CRISIS:</b></p> <ul style="list-style-type: none"> <li>- Tells you they plan to end their life</li> <li>- Talks about suicide threats</li> <li>- Cannot guarantee their own safety</li> <li>- Is at risk of suicide and under the influence of alcohol or drugs</li> <li>- Is at risk of suicide and emotionally distraught, depressed, angry, or anxious</li> <li>- Is at risk of suicide and has access to means for suicide (pills, gun, etc.)</li> <li>- Begins putting affairs in order, like giving away possessions</li> <li>- Talks about the future without them in it</li> <li>- Has dramatic mood changes, including suddenly seeming to get better</li> </ul> <p>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.</p>

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