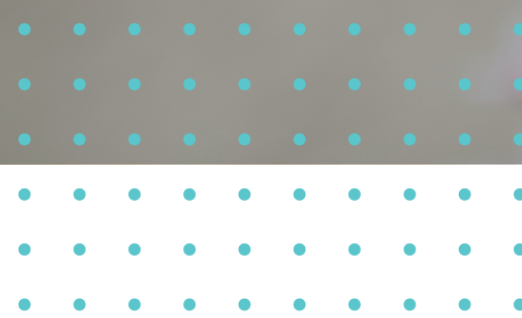




# MENTAL WELL-BEING RESOURCES AT MISSOURI S&T



Updated June 2022



2 Introduction

Introduction Letter

Health and Well-Being Departments

S&T Student Data

6 Services

Health Promotion and Primary Prevention

Intervention, Treatment and Care

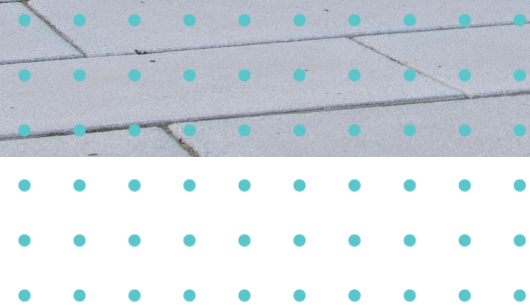
Crisis and After Hours

Online

13 Committees and Groups







# INTRODUCTION

## Author's Note / How to Use this Document

Now, more than ever, Missouri S&T students, staff, and faculty desire to know more about supporting their own, and other's, mental well-being. While we are making large strides to improving our university's well-being, such as through our partnership with The JED Foundation (more on page 15), little can be accomplished without easy access to quality, relevant, and data-driven resources. We hope this guide will give you up-to-date services, departments, and groups aimed at doing just that.

This guide is meant to be used as a resource only, and is not necessarily comprehensive of all mental well-being services available on campus. In the event of an immediate crisis or emergency, do not consult this guide, and instead call 911 or the [University Police Department](#).

All [underlined blue text](#) contains a link to access that resource. **If you are using a printed version of this document, visit [wellbeing.mst.edu/resources/sharableresources](http://wellbeing.mst.edu/resources/sharableresources) to find a digital version for usable links.**

For any health and well-being questions or concerns, please reach out to the applicable department using the contact information below.

For any updates or changes to this document, please email [Laura Woods-Buchanan](mailto:Laura.Woods-Buchanan), Health Communications Specialist, Student Well-Being. Thank you!

- Student Well-Being Staff

## Health and Well-Being Departments

### Student Well-Being

[wellbeing@mst.edu](mailto:wellbeing@mst.edu)

[wellbeing.mst.edu](http://wellbeing.mst.edu)

[573.341.4211](tel:573.341.4211)

[204 Norwood Hall](#)

### Student Support and Community Standards

[ucare@mst.edu](mailto:ucare@mst.edu)

[ucare.mst.edu](http://ucare.mst.edu)

[573.341.4209](tel:573.341.4209)

[107 Norwood Hall](#)

### Student Health

[mstshs@mst.edu](mailto:mstshs@mst.edu)

[studenthealth.mst.edu](http://studenthealth.mst.edu)

[573.341.4284](tel:573.341.4284)

[910 W. 10th St](#)

### Student Accessibility and Testing

[dss@mst.edu](mailto:dss@mst.edu)

[saat.mst.edu](http://saat.mst.edu)

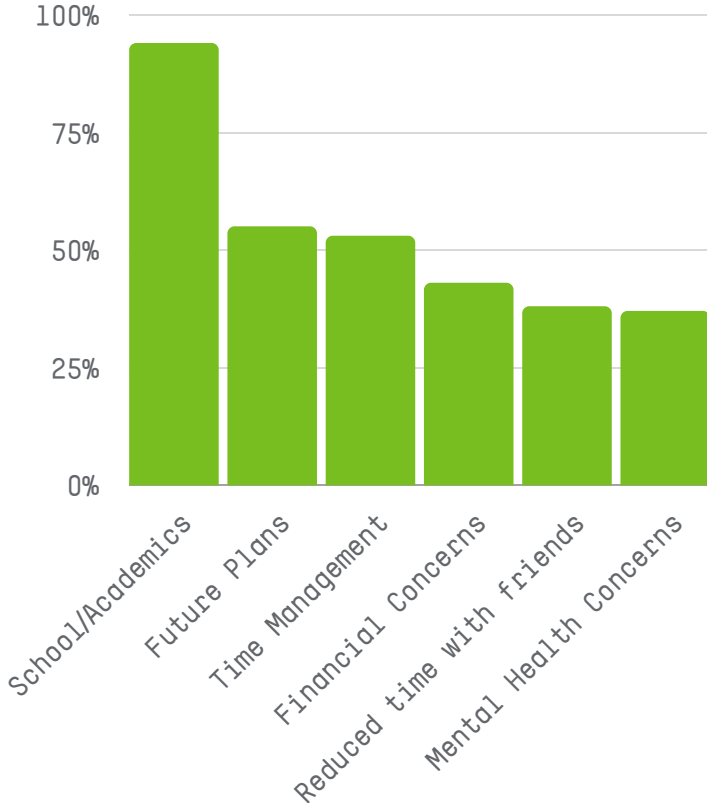
[573.341.6655](tel:573.341.6655)

[G10 Norwood Hall](#)

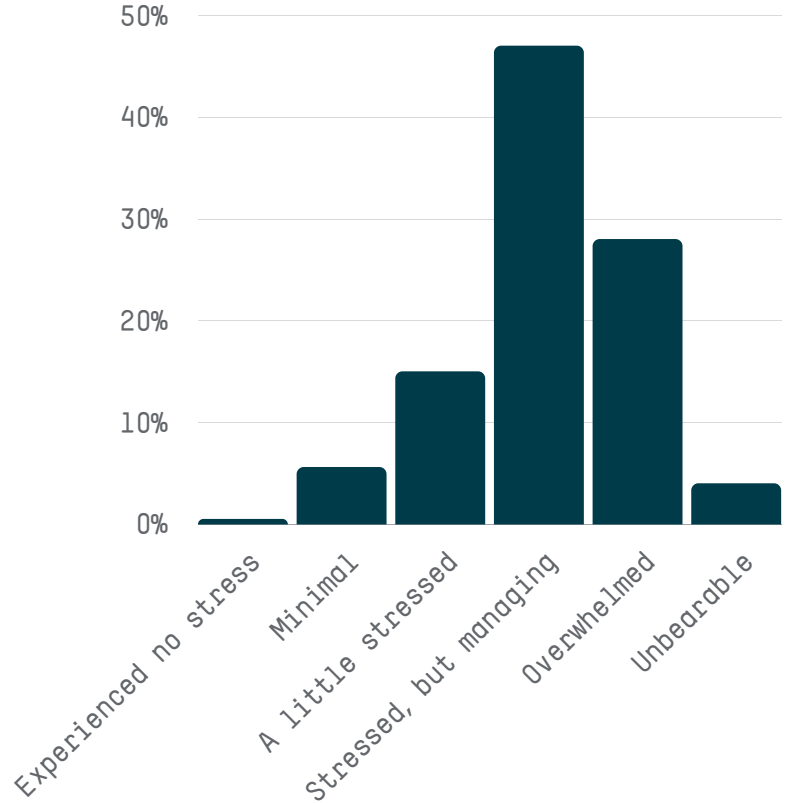


# S&T Student Data

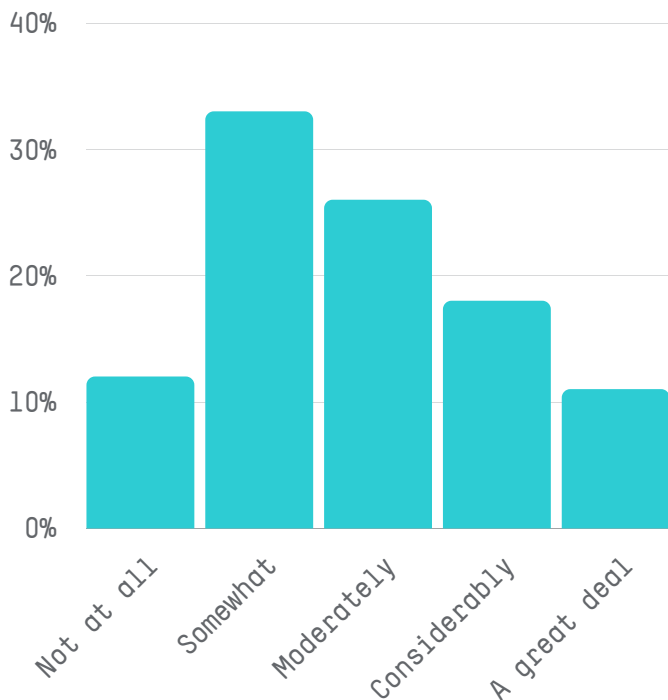
Main sources of stress (check all that apply)\*



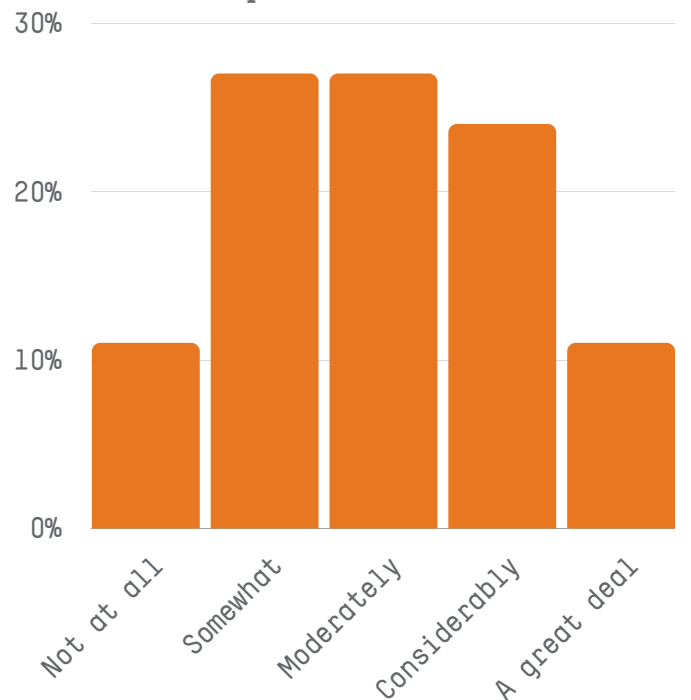
Amount of stress felt in the past two weeks\*^



The extent stress impacted or interfered with academic life\*



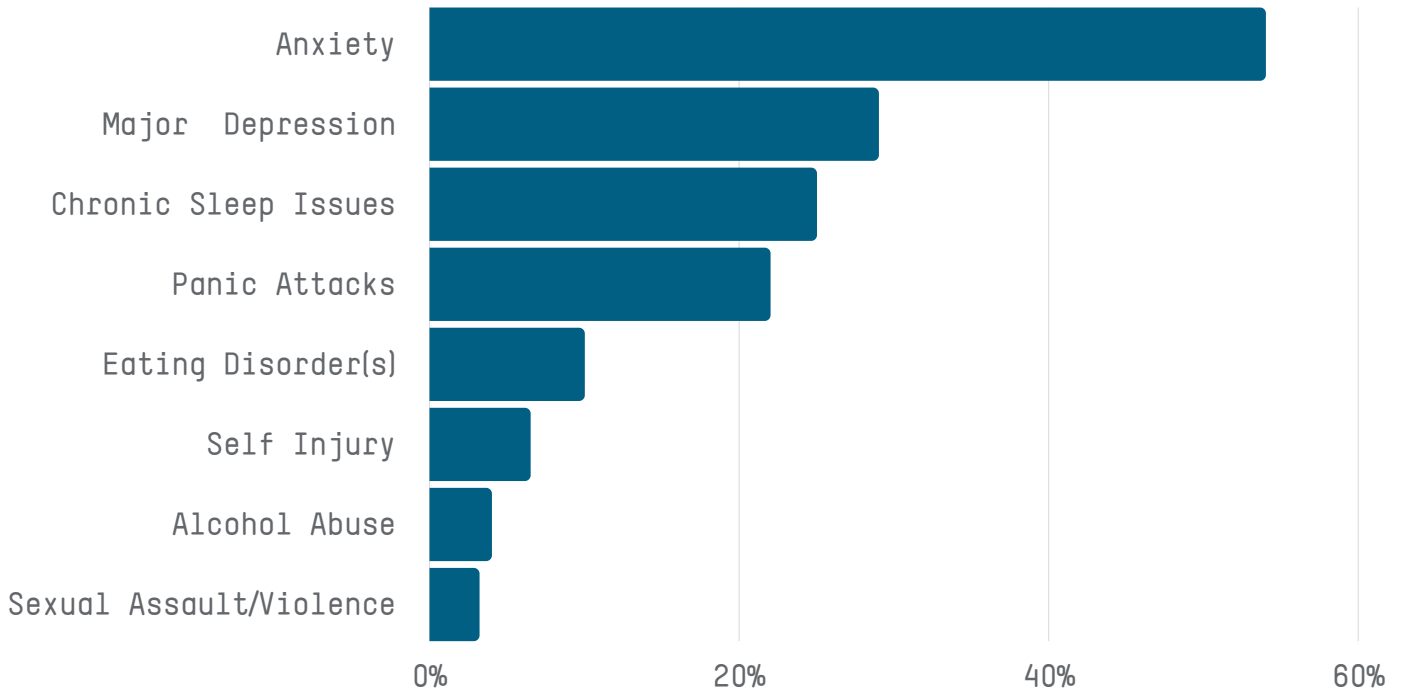
The extent stress impacted or interfered with personal life\*



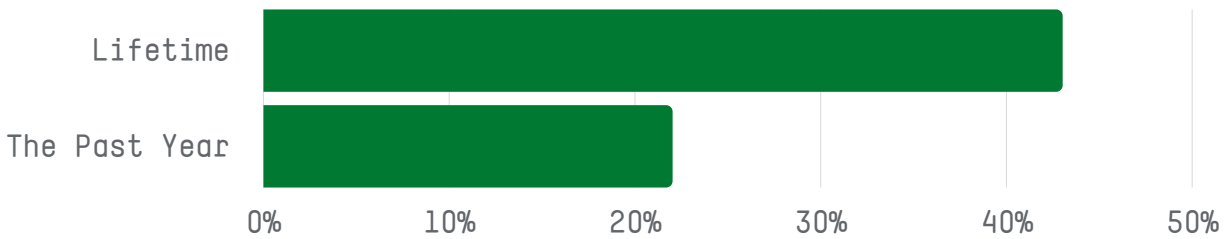
\*2021 Missouri Assessment of College Health Behaviors; N=415  
(Surveyed in February 2021)



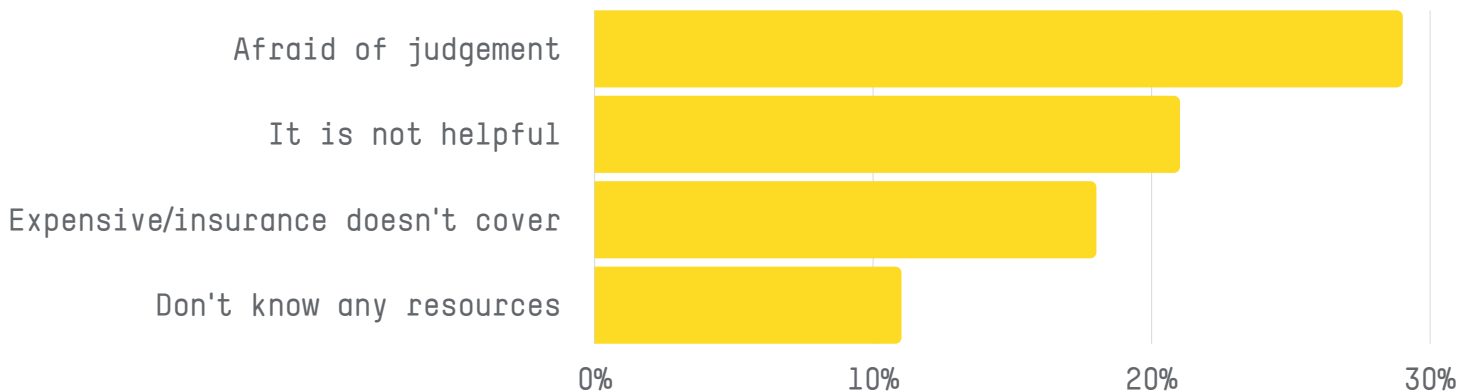
Mental health concerns experienced in the past year (check all that apply)\*



Suicidal thoughts in\*



Barriers that stop students from seeking assistance\*



\*2021 Missouri Assessment of College Health Behaviors; N=415 (Surveyed in February 2021)





# SERVICES



# Health Promotion and Primary Prevention

## [Health and Well-Being Canvas Course](#)

Managed by Student Well-Being, this course has health and well-being videos, trainings, and resources.

## [Joe Miner Chat Bot \(EdSights\)](#)

Using text messaging powered by artificial intelligence, Joe Miner chatbot provides timely information and solicits the voice of our students. Joe Miner helps identify student needs and factors affecting their success. As a liaison, Joe Miner connects students with individualized resources for success.

## [Mental Well-Being Ambassador Program](#)

This training is for student leaders to become trained in mental well-being resources, intervention, and referrals for friends who may be struggling to cope well, are in distress, or are in crisis.

## Miner Oasis (201 Norwood Hall; Monday-Friday, 8:00am-5:00pm)

Relaxation space for students with coffee and tea, fruit, aromatherapy, massage chair, games, art supplies, and comfortable seating.

## Miner Well-Being Certification Program

Housed in the [Health and Well-Being Canvas Course](#), this semester-long certification program allows participants to engage with campus-wide services and initiatives and develop skills that contribute to personal well-being and student success.

## Social Media

Follow our Health and Well-Being social media accounts to learn about health and well-being services, resources, tips, and more.

[Facebook](#)

[Instagram](#)

[Twitter](#)

### [STEP UP! Bystander Intervention Training](#)

STEP UP! empowers the campus community to foster a culture of awareness, intervention, and inclusion in all interactions, whether in person, virtually, or on social media. STEP UP! training topics include mental well-being, diversity and inclusion, sexualized violence prevention, safer drinking, and training for faculty/staff.

### [Well-Being Trainings](#)

Student Well-Being offers trainings, presentations, and workshops aimed to help students manage their well-being to become more well-rounded and thriving. Some training topics include healthy coping skills, healthy relationships, test anxiety, sexual health, alcohol use, and resilience. Student Well-Being also offers trainings specifically for faculty and staff to learn to better support student well-being.

### [Wellness Connection Newsletters](#)

Student Well-Being creates and sends out monthly e-newsletters to all students and faculty. These newsletters contain up-to-date health and well-being resources, best practices, and activities to increase the reader's ability to support themselves and those around them. If you are not a student or faculty but want to receive these newsletters, or want to submit content, email [Student Well-Being](#).



# Health Promotion and Primary Prevention- Events

## Mental Well-Being Awareness Week

Mental Well-Being Awareness Week is a series of activities, trainings, and events to support mental well-being and reduce the stigma surrounding asking for help. Mental Well-Being Awareness Week is typically hosted twice a school year, once per semester.

## Recovery Month

Recovery Month aims to support S&T community members in recovery and to teach non-recovery community members more about what recovery means and looks like through collaborative events and trainings.

## Sexual Assault Awareness Week and Month

Sexual Assault Awareness Week and Sexual Assault Awareness Month consists of trainings, presentations, events, and discussions surrounding sexual assault, sexualized violence, and our role in helping prevent it. Sexual Assault Awareness Week is typically hosted in the fall; Sexual Assault Awareness Month is typically hosted in the spring.

## Transgender Visibility Week

Surrounding Transgender Day of Visibility (March 31st), Transgender Visibility Week is a series of educational, awareness, and pride events supporting our LGBTQ+ students and their allies.

## World Suicide Prevention Day- September 10th

World Suicide Prevention Day focuses attention on the concern of suicide worldwide, and aims to empower people to engage and learn about this complex subject.

To learn more or participate in any of these events, contact [Student Well-Being](#).

# Intervention, Treatment, and Care

## Care Management Services

Care managers assist students with resource navigation and referral, extended absence assistance, and follow-up for hospitalization, withdrawal and return plans. Care management services are provided by Student Support and Community Standards.

## Individual and Group Counseling

Student Well-Being offers brief, solution-based treatment with a licensed counselor or psychologist. All sessions are personalized and confidential. Students can see a counselor one-on-one, or in a group setting. Some current support groups offered are ADHD, Autism Spectrum Disorder, Family Issues, LGBTQ+, Cognitive Behavioral Therapy, and more.

## Student Emergency Fund

The Student Emergency Fund, funded by donors, is committed to ensuring students have access to the support and resources they need to successfully recover from an unforeseeable financial emergency.

## Student Health Services

Student Health delivers healthcare to students by providing non-emergency medical treatment for most illnesses and injury, and serves as urgent care. Some services include sports medicine and orthopedic care, concussion management, depression and anxiety treatment, STI testing, women's health, travel consults, physicals, minor procedures, allergy and vaccine management, and guidance for other health concerns.

## UCARE

The University Committee for Assistance, Response, and Evaluation (UCARE) is a committee of trained faculty and staff to assess students who may be at risk for mental health concerns. Members of the campus community are encouraged to make a [UCARE referral](#) when they are concerned about a student, regardless of how insignificant the concern may seem.

## Well-Being Consultations

Student Well-Being offers one-on-one consultations with a Wellness Coordinator for students interested in topics such as nutrition, alcohol use, cannabis use, bystander intervention, nicotine cessation, self-regulation, substance use intervention, and general wellness.



# Intervention, Treatment, and Care

## [Well-Being Quick Reference Guide](#)

The Well-Being Quick Reference Guide is a quick and easy-to-use document to see the best resource for yourself or someone you know struggling at varying degrees in a certain topic area. If you're unsure where to turn or go with an issue and need quick options, this reference guide is a good place to start.

## Crisis- During Business Hours (Mon-Fri, 8am - 5pm)

### Counseling Services at Student Well-Being

[Call](#) or [visit](#) Student Well-Being to speak to a counselor to help students through a crisis situation or urgent need. If a student is actively suicidal, do NOT leave them alone. If a student is an IMMEDIATE danger to themselves or others, call the [University Police Department](#) or call 911.

## Crisis- After Business Hours, Weekends, or Holidays

### [Compass Health Hotline](#)

This hotline is staffed by mental health professionals who can respond to a crisis 24 hours per day everyday. They will talk with you about the crisis and help determine what further help is needed.

### Crisis Text Line- Text HOME to 741741

The Crisis Text Line is a global not-for-profit organization providing free crisis intervention via SMS message. The organization's services are available 24 hours a day everyday.

### [LiveHealth Hotline](#)

24/7 access to psychiatrists, psychologists, and therapists. Available at no cost for students with health insurance (without insurance: \$175 initial assessment and \$75 follow-ups)

### [National Suicide Prevention Lifeline](#)

The National Suicide Prevention Lifeline is a US-based suicide prevention network of 161 crisis centers that provides a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress.

### 911 or [University Police Department](#)

Contact 911 or UPD if you are unsure how to handle a situation or for immediate danger to life of self or others. UPD will consult with a licensed counselor or connect individuals to resources.



# Online

## [Ask.Listen.Refer](#)

Ask.Listen.Refer is a quick and educational online suicide prevention training recommended for all S&T students, staff, and faculty. The goals of the training are to help identify people at risk for suicide, recognize the risk factors, protective factors, and warning signs of suicide, and to respond to and get help for people at risk.

## [BodyU](#)

BodyU is an interactive program supported by a coach and tailored to your specific needs and challenges. BodyU will teach you stress and anxiety management skills, healthier body and eating habits, and improve self-image.

## [MindWise- Mental Health Screenings](#)

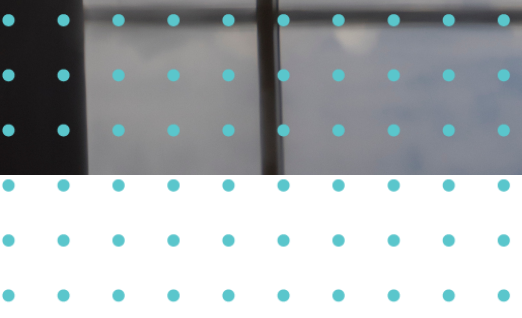
Behavioral health- which includes mental health, substance use, and more- is a key part of overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a counselor or other professional.

## [Sanvello](#)

Sanvello is an app designed to help users manage stress, anxiety, depression, and to build resiliency. S&T community members can access the premium app for free when creating an account using a university (@mst.edu) email.

## [ScreenU](#)

ScreenU is designed to give anonymous, non-judgmental feedback, encouraging users to think about their choices that may be putting them at risk for harmful consequences. ScreenU has assessments for alcohol, cannabis, and prescription drug use.



# COMMITTEES AND GROUPS



# Committees

## [Health and Well-Being Committee \(JED Campus Committee\)](#)

The overall goal of this committee is to enhance emotional health, substance use prevention, and suicide prevention efforts on campus, and to ensure that our university has the strongest possible mental health safety nets. This committee was formed in conjunction with Missouri S&T becoming a JED Campus. JED Campus is a nationwide initiative of the JED Foundation designed to guide schools through a collaborative process of comprehensive systems, programs, and policy development with customized support to build upon existing efforts. The broad focus areas of this committee are Marketing and Outreach/Social Connectedness, Faculty Engagement, Policies and Protocols, Assessment, and Training. To learn more or request to join, email [Student Well-Being](#).

## [Prevention Coalition](#)

The Prevention Coalition is a network of campus and community partners who utilize S&T specific data to guide wellness initiatives. These initiatives encourage positive choices among students and reduce the impact of high-risk behavior associated with alcohol and other drugs.

## [STEP UP! Committee](#)

STEP UP! helps campus members recognize problematic events and increases their motivation, skills, and confidence when responding to those events. The committee focuses on training efforts, marketing of events, and updating current and creating new program curriculum.

## [UCARE](#)

The University Committee for Assistance, Response, and Evaluation (UCARE) is a committee of faculty and staff trained to assess students who may be at risk for mental health concerns. Members of the campus community are encouraged to make a [UCARE referral](#) when they are concerned about a student, regardless of how insignificant the concern may seem.

# Groups

## Faculty Champions

An initiative of the JED Health and Well-Being Committee, Faculty Champions are appointed department representatives who have been trained on various health and well-being topics and serve as points of contact for information and resources to support student, faculty, and staff well-being.

## Joe's PEERS

Joe's PEERS is a student-led leadership organization that promotes health and wellness on campus by providing education, encouragement, and resources to Missouri S&T students through outreach events, social media campaigns, and more. Students can [apply to become members](#) at any time throughout the school year.

## Miner Support Network

The Miner Support Network is a student-led campus organization that works to de-stigmatize mental health through confidential, weekly, peer-facilitated groups, while holistically working to create an inclusive community dedicated to empathy, trust, and relationship building through network-wide stress-reducing events.

## ProjectConnect

ProjectConnect is a fun, 6-session peer-led program now being offered on campus aimed at helping students build social connections and community on campus. Students meet in groups of 4-6 over the course of six 1-hour sessions, and engage in a series of thought-provoking questions and fun activities, ending with a group event. Sign ups are at the beginning of each semester.





**THANK YOU!**



**FOR A FULL DETAILED LIST OF RESOURCES AVAILABLE BY TOPIC, VISIT**

**[wellbeing.mst.edu/resources/directory](https://wellbeing.mst.edu/resources/directory)**