



# HOW YOU CAN REDUCE STIGMA SURROUNDING MENTAL HEALTH

## TALK OPENLY ABOUT MENTAL HEALTH

There is a myth that talking about or identifying our struggles will only make them worse. When we speak up about our feelings, we allow ourselves and others to feel less alone.

## EDUCATE YOURSELF AND OTHERS

Educate yourself and others about mental health conditions, symptoms, and treatments. Use factual information to replace rumors or inaccuracies surrounding mental health.

## BE CONSCIOUS OF LANGUAGE

How you talk to yourself or someone else about their mental health matters. When describing your own or others concerns, avoid language like "crazy", "mentally ill", "disturbed", etc.

## DON'T EQUATE YOURSELF OR OTHERS WITH MENTAL HEALTH CONCERNS

No one is their diagnosis- we are more than our mental health. If diagnosed, mental health conditions are only part of a person, and we are not defined by only one aspect of ourselves!

## CHOOSE EMPOWERMENT OVER SHAME

Encourage those seeking support, and honor their story and struggles. Be kind to yourself and others in this process. Acceptance is difficult and takes time, but if we all make an effort in reducing stigma, it will change our community for the better.

## GET IN TOUCH



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



[@sandtwellbeing](https://www.instagram.com/sandtwellbeing)



(573).341.4211

# Rx Safely Using Prescription Medications

STUDENT WELL-BEING  
OCTOBER 2021

Read article  
fully, as many  
times per day  
as necessary

READ ONLINE



## **WHAT ARE THE WAYS FOR SAFELY USING PRESCRIPTION MEDICATIONS?**

- Getting a prescription from your health care provider(s) or other trusted sources
- Getting a prescription and medications from Student Health: Student Health dispenses a large variety of medications based on student need
- Always using the medication as prescribed (dosage, taking at certain times, etc)
- Never sharing medication with others or taking medication from others
- Keep prescription medications safe

## **WHAT ARE UNSAFE WAYS FOR USING PRESCRIPTION MEDICATIONS?**

- Buying online from social media platforms and unregulated or untrusted websites
- Buying from friends, family, community members, or any other unlicensed individuals
- Buying and using prescription medications that you are not prescribed to use
- Sharing medications with others
- Using medications in manners not prescribed
- Keeping medications in unsafe or unmonitored places

For any questions or concerns regarding prescription medications, contact Student Health

Services Monday-Friday, 9am-3pm:

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

573.341.4284

910 W. 10th Street

## **GET IN TOUCH**



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



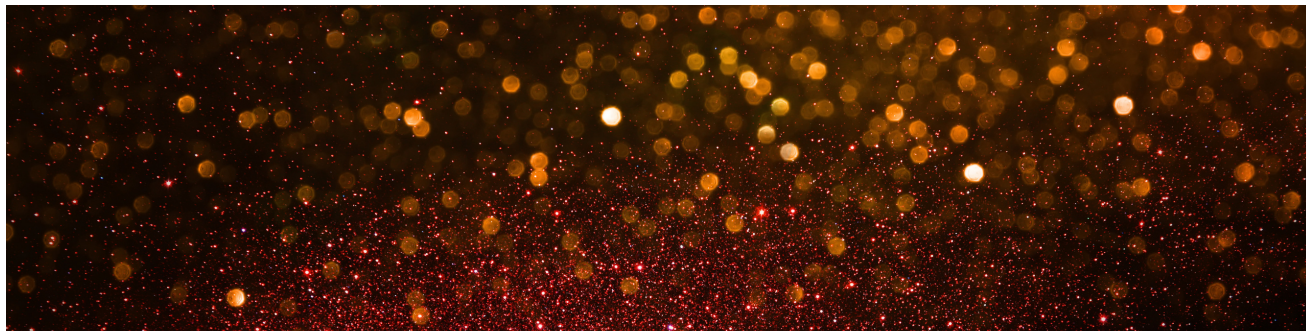
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# THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



## MISSOURI S&T RESOURCES:

**Joe's PEERS:** Student leadership organization providing education, encouragement, and resources to fellow students. Members of Joe's PEERS promote health and well-being on campus through tables, outreach, fun events, and more! Learn more at [wellbeing.mst.edu/peer-education/joes-peers/](http://wellbeing.mst.edu/peer-education/joes-peers/).

**Miner Support Network:** Campus organization that works to de-stigmatize mental health through confidential, weekly, peer-facilitated groups throughout the entirety of the semester. Learn more at [thesupportnetwork.org/miner](http://thesupportnetwork.org/miner).

## ONLINE RESOURCES:

**Help Yourself Help Others:** Website with brief screenings covering a variety of topics which can help determine if you or someone you care about should connect with a behavioral health professional. Think of these as a checkup from the neck up!

This program is completely anonymous and confidential. Immediately following the brief questionnaire you will see your results, recommendations, and key resources. Take a screening and learn more at [helpyourselfhelpothers.org](http://helpyourselfhelpothers.org).

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# THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



## MISSOURI S&T RESOURCES:

**Prescription Drug Drop Box:** New to S&T this semester, the University Police Department now has a permanent disposal site for expired, unwanted, or unused prescription medicine. This option is available year round, 24/7, and any campus community member can use it judgement free with no questions asked. Please follow all disposal instructions on the drop box. The box is currently located at the University Police Department in **G10 Campus Support Facility**.

**LGBTQ+ Support Group:** Now offered by Student Well-Being, you can experience the encouragement of others in the LGBTQ+ community and support each other on the journey through college and beyond. To learn more, contact Student Well-Being today at **wellbeing@mst.edu** or **573.341.4211**

## ONLINE RESOURCES:

**Sanvello:** Sanvello is an app to help manage stress, anxiety, depression, and build resiliency. The app has multiples modules/sections that can help you with specific concerns, such as guided visualizations, playlists and podcasts, mindfulness activities, and more. Access the premium app for free with your @mst.edu email. Learn more at **sanvello.com**

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