STUDENT SEEKING SUPPORT

OFF CAMPUS REFERRALS
Referral from staff to an off-campus mental health service

CRISIS COUNSELING
Intervention during a mental health crisis

SELF CARE
Taking an active role in protecting one’s own well-being

PEER SUPPORT
Using peer-led organizations and groups for support

CAMPUS SUPPORT
Using campus departments and services for support

INDIVIDUAL COUNSELING
Meeting with a counselor for brief, solution-focused care

WELLNESS CONSULTATIONS
Meeting with a wellness coach on a specific well-being concern

SUPPORT GROUPS
Meeting with a counselor and other students in a topic specific group

SELF CARE
Taking an active role in protecting one’s own well-being

wellbeing.mst.edu/care-model
The Student Well-Being Personalized Care Model pictured to the right helps students determine what support resources and services are available to them based on their mental health and well-being needs.

This model can be used on your own by using the QR code to learn more about each support type. If you'd like assistance in determining what resources and services would support you best, schedule a screening with a Student Well-Being staff member using the contact information below.

wellbeing@mst.edu
573.341.4211
204 Norwood Hall