# WELL-BEING QUICK REFERENCE GUIDE

## MENTAL WELL-BEING CONTINUUM

<table>
<thead>
<tr>
<th>RESOURCES</th>
<th>MENTAL WELL-BEING CONTINUUM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mild Distress</strong></td>
<td>Experiencing concerns with limited impact on daily activities</td>
</tr>
<tr>
<td><strong>Moderate Distress</strong></td>
<td>Experiencing concerns with significant impact on daily activities</td>
</tr>
<tr>
<td><strong>Extreme Distress/Crisis</strong></td>
<td>Impending risk of harm to self and/or others</td>
</tr>
</tbody>
</table>

## ACADEMIC

- **Change in quality of work**
- **Excessive Absence**
- **Missing Student**
- **Career or Major Concern**
- **Academic Accommodations**

**Resources:**
- Consult Academic Advisor
  - Lead: lead.mst.edu
  - Math Learning Center: math.mst.edu
  - Writing Center: writingcenter.mst.edu
- Career Opportunities and Employer Relations: career.mst.edu
- S&T Connect: sandtconnect.mst.edu

**Contact:**
- 573.341.4211, 204 Norwood Hall
- 573.341.4300, 205 W. 12th St
- Call 911 in the case of an emergency
- University Police: police.mst.edu

## CONCERNING BEHAVIOR

- **Disruptive**
- **Disturbing Written Content**
- **Poor Hygiene**
- **Alcohol/Substance Misuse**
- **Self-Injury**
- **Emotional Distress**
- **Disordered Eating**
- **Depression**
- **Anxiety**
- **Misuse of Medication**
- **Medical Condition**
- **Problem**
- **Injury**
- **Illness**
- **Victim of Violence or Harm**
- **Suicidal Ideation**
- **Suicidal Behavior**

**Resources:**
- Student Well-Being: wellbeing.mst.edu
- Group Counseling
- Alcohol/Marijuana Use Consultations
- Student Support and Community Standards: studentsupport.mst.edu
- Student Accessibility and Testing: saat.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Help Library
- Group/Individual Counseling
- Wellness Consultations and Trainings
- Health and Well-Being Coaching
- Grit and Resilience Workshop Series
- Student Diversity Initiatives: sdl.mst.edu

**Contact:**
- 573.341.4211, 204 Norwood Hall
- 573.341.4300, 205 W. 12th St
- Call 911 in the case of an emergency
- University Police: police.mst.edu

## MEDICAL

- **Injury**
- **Illness**
- **Problem with Medication**
- **Medical Condition**
- **Misuse of Medication**

**Resources:**
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Equity and Title IX: eqity.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu
- Student Health Services: studenthealth.mst.edu
- Student Support and Community Standards: studentsupport.mst.edu
- Student Well-Being: wellbeing.mst.edu

**Contact:**
- 573.341.4211, 204 Norwood Hall
- 573.341.4300, 205 W. 12th St
- Call 911 in the case of an emergency
- University Police: police.mst.edu

## PERSONAL

- **Isolation or Loneliness**
- **Relationship**
- **Depression**
- **Disordered Eating**
- **Emotional Distress**
- **Self-Injury**
- **Alcohol/Substance Misuse**

**Resources:**
- Getting Involved: involvement.mst.edu
- Student Clubs and Organizations
- Fraternity and Sorority Life
- Volunteerism and Civic Engagement
- Peer Involvement Advisors (PIAs)
- Peer Support: wellbeing.mst.edu
- Miner Support Network
- ProjectConnect
- Student Financial Assistance: sfa.mst.edu

**Contact:**
- 573.341.4211, 204 Norwood Hall
- 573.341.4300, 205 W. 12th St
- Call 911 in the case of an emergency
- University Police: police.mst.edu

---

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.

Updated March 2023