

## Self-Education

Online trainings, screenings, and resources to learn on your own

### Ask.Listen.Refer

Quick online suicide prevention training recommended for all students, staff, and faculty. Learn to identify people at risk, recognize the risk factors, warning signs of suicide, and how to respond and get help. Take the training at [asklistenrefer.org/mst](https://asklistenrefer.org/mst).

### Health and Well-Being Canvas Course

Listed as "ROLLA- Health and Well-Being", this non-credit course has trainings, screenings, lessons, and more to learn to support your own and others well-being. Enroll at [umssystem.instructure.com/enroll/G3LY3G](https://umssystem.instructure.com/enroll/G3LY3G).

### MindWise Screenings

Brief mental and behavioral health screenings to determine if you or someone you care about should connect with a counselor or other professional. Take a screening at [helpyourselfhelpothers.org](https://helpyourselfhelpothers.org)

### College Behavior Profile (CBP)

A quick and confidential way to get personalized feedback on your alcohol and marijuana/cannabis use. The CBP was created with input from and designed by college students. Take an alcohol, cannabis, or nicotine screening at [cbp.mst.edu](https://cbp.mst.edu).

### Well-Being Quick Reference Guide

This guide can give quick options on what to do when you or someone else is having a health or well-being concern. Learn more at [wellbeing.mst.edu/resources/well-being-quick-reference-guide](https://wellbeing.mst.edu/resources/well-being-quick-reference-guide).

### Wellness Connection Newsletters

Sent monthly via email, these newsletters contain up-to-date well-being resources and activities to increase the reader's ability to support themselves and those around them. Learn more at [wellbeing.mst.edu/self-education/monthlypublications](https://wellbeing.mst.edu/self-education/monthlypublications).

### Morning Cup of Joe Podcast

Created by Student Well-Being counselors, this podcast uses pop culture to explore mental health topics relevant to the students at S&T and the S&T community at large. Listen at [bit.ly/morningcupofjoe](https://bit.ly/morningcupofjoe).

## Contact Information

Supporting the health and well-being of our campus community members is a high priority here at Missouri S&T. **If you are struggling, YOU ARE NOT ALONE, and there are resources that can help.** This brochure aims to give you up-to-date services, departments, and groups to support your own, and others', mental well-being. For general help and concerns, contact one of the health and well-being departments listed below.

For any questions or concerns regarding this specific document, contact Laura Woods-Buchanan ([laurawoods-buchanan@mst.edu](mailto:laurawoods-buchanan@mst.edu)), Health Communications Specialist, Student Well-Being.

### Student Well-Being

[wellbeing@mst.edu](mailto:wellbeing@mst.edu)  
[wellbeing.mst.edu](https://wellbeing.mst.edu)  
573.341.4211  
204 Norwood Hall

### Student Health Services

[mstshs@mst.edu](mailto:mstshs@mst.edu)  
[studenthealth.mst.edu](https://studenthealth.mst.edu)  
573.341.4284  
910 W. 10th St

### Student Support and Community Standards

[studentsupport@mst.edu](mailto:studentsupport@mst.edu)  
[studentsupport.mst.edu](https://studentsupport.mst.edu)  
573.341.4209  
107 Norwood Hall

### Student Accessibility and Testing

[dss@mst.edu](mailto:dss@mst.edu)  
[saat.mst.edu](https://saat.mst.edu)  
573.341.6655  
G10 Norwood Hall

Find us on social media:



[@sandtwellbeing](https://twitter.com/sandtwellbeing)



# MENTAL WELL-BEING RESOURCES AT MISSOURI S&T FOR STUDENTS

Updated October 2023

# On-Campus Services

## Care Management Services

Care Managers, through Student Support and Community Standards, support students throughout their experience at S&T through coordination of support services, absence notifications, referrals, and more. Learn more at [studentsupport.mst.edu](https://studentsupport.mst.edu).

## Individual and Group Counseling

Student Well-Being offers individual and group counseling and treatment with a licensed counselor to assess the nature and urgency of a student's concerns and determine next steps. Learn more at [wellbeing.mst.edu/appointments/counseling-appointments](https://wellbeing.mst.edu/appointments/counseling-appointments).

## Miner Oasis Spaces

Quiet relaxation spaces for students with coffee and tea, fruit, aromatherapy, massage chair, games, art supplies, and comfortable seating. The Miner Oasis is located in [201 Norwood Hall](#), or you can visit the new Miner Oasis in the Library (open as of Fall 2023).

## Student Emergency Fund

Ensures students have access to the support and resources they need to successfully recover from an unforeseeable financial emergency. Learn more at [stuaaff.mst.edu/emergency-fund](https://stuaaff.mst.edu/emergency-fund).

(University Committee for Assistance, Response, and Evaluation)

## UCARE

Committee that assesses students who may be at risk for mental health concerns. Campus members are encouraged to make a UCARE referral when concerned about a student, regardless of how minor the concern seems. Learn more at [ucare.mst.edu](https://ucare.mst.edu).

## Well-Being Consultations

One-on-one consultations for students interested in topics such as nutrition, alcohol use, cannabis use, bystander intervention, nicotine cessation, substance use, and more. Learn more at [wellbeing.mst.edu/appointments/wellness-consultations](https://wellbeing.mst.edu/appointments/wellness-consultations).

## Well-Being Presentations

Presentations aimed to help students manage and improve their well-being. Some training topics include bystander intervention, healthy coping skills, healthy relationships, test anxiety, and resilience. Learn more at [wellbeing.mst.edu/presentations](https://wellbeing.mst.edu/presentations).

# Crisis and After Hours Services

In an emergency, always call 911

## Possible Signs of a Mental Health Crisis

When someone does one of the following:

- Tells you they plan to end their life or talks about suicide threats
- Cannot guarantee their own safety
- Is at risk of suicide and under the influence of alcohol or drugs
- Is at risk of suicide and emotionally distraught, very depressed, angry, or anxious
- Is at risk of suicide and has access to means (pills, gun, etc.)
- Begins putting affairs in order (giving away possessions, etc.)
- Talks about the future without them in it ('I won't be here by then')
- Has dramatic mood changes, including suddenly seeming to get better for no reason

## Dealing with a Mental Health Crisis

- Remain calm, act quickly, and listen without judgement
- DO NOT leave the person alone if you think their life is in danger
- Trust your instincts that the person may be in trouble
- Get help if you don't know what to do
- DO NOT PROMISE SECRECY - there is no confidentiality in life-threatening situations

All services below are available 24/7. In an emergency, call 911 first.

## Compass Health Crisis Line

Hotline staffed by mental health professionals who can respond to a crisis determine next steps. Call [888.237.4567](tel:888.237.4567) to access. You can also call the Behavioral Health Crisis Center Line at [833.356.2427](tel:833.356.2427).

## Compass Health Crisis Access Point

Crisis center that allows for immediate treatment and observation to connect the individual to ongoing care and avoiding an inpatient admission. Call [844-853-8937](tel:844-853-8937) or visit [1450 E 10th St](#) to access.

## Crisis Text Line

Global organization providing free crisis intervention via SMS message. Text [HOME](#) to [741741](tel:741741) to access.

## National Suicide Prevention Lifeline

US-based suicide prevention network that provides a toll-free hotline available to anyone in suicidal crisis or emotional distress. Call or text [988](tel:988) to access.

## University Police Department

Call [573.341.4300](tel:573.341.4300) or visit [police.mst.edu](https://police.mst.edu).

# Groups and Committees

## Faculty Champions

Appointed department representatives trained on well-being topics. Serve as points of contact for information and resources to support student, faculty, and staff well-being. Learn more at [wellbeing.mst.edu/resources/well-being-quick-reference-guide/faculty-champions](https://wellbeing.mst.edu/resources/well-being-quick-reference-guide/faculty-champions).

## Health and Well-Being Campus Committee

Formed in partnership with JED Campus, this committee aims to enhance emotional health, substance use prevention, suicide prevention, and mental health safety nets on campus. To learn more or request to join, email Student Well-Being ([wellbeing@mst.edu](mailto:wellbeing@mst.edu)).

## Joe's PEERS

Student-led leadership organization that promotes health and wellness on campus. They provide education, encouragement, and resources through outreach events, social media campaigns, and more. Students can apply to become a member at any time throughout the school year. Learn more by visiting [wellbeing.mst.edu/peer-education/joes-peers](https://wellbeing.mst.edu/peer-education/joes-peers).

## Miner Support Network

Student-led campus organization aiming to improve student mental well-being through weekly peer led group listening sessions. Sign up and learn more at [thesupportnetwork.org/miner](https://thesupportnetwork.org/miner)

## Prevention Coalition

Network of campus and community partners who work to encourage positive choices and reduce the impact of high-risk behavior associated with alcohol and other drugs. To learn more or request to join, email Student Well-Being ([wellbeing@mst.edu](mailto:wellbeing@mst.edu)).

## ProjectConnect

6-session peer-led program aimed at helping students build social connections and community on campus through a series of thought-provoking questions and fun activities. Learn more by visiting [wellbeing.mst.edu/peer-education](https://wellbeing.mst.edu/peer-education).