

Well-Being Support For Athletes

While these resources are mentioned specifically, ALL resources and programming offered through Student Well-Being are available to you at no cost and most can be modified to fit your specific needs. Get in touch with Student Well-Being to learn more!



Group-Use Resources

STEP UP! Bystander Intervention Program

STEP UP! is a series of trainings surrounding stepping in and helping yourself and others in times of need. Current trainings for students are STEP UP! for Mental Well-Being, STEP UP! for Safer Drinking, STEP UP! for Sexualized Violence Prevention, and STEP UP! for Diversity and Inclusion.

Nutrition Presentation

This training teaches how to plan easy, well-balanced meals that are nutritious and fit for an active lifestyle. Learn tips and techniques for meal planning, grocery shopping, label reading, and eating healthy on a budget.

Well-Being Resource Presentation

This training covers all of the campus well-being resources available to students. It also provides examples of how to get involved to promote well-being as an individual or for your organization.

Mental Well-Being Ambassador Training

This training is for student leaders who want 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. Typically, only a few members of each organization will go through the training to become certified. This training is not for an entire organization.

Sexual Health Jeopardy

This interactive presentation focuses on consent, sexually transmitted disease awareness, and healthy sexuality in a "game show" environment.

Stress and Time Management Presentation

This training helps students learn to balance studying with other extracurriculars. identify what triggers stress and learn ways to reduce that stress in any situation.

Individual-Use Resources

Ask.Listen.Refer Suicide Prevention Training

This quick, online, S&T-tailored training prepares students to identify people at risk for suicide, recognize the risk factors, protective factors, and warning signs of suicide, and respond to and get help for people at risk.

ScreenU

These confidential online screenings help students identify if they are misusing alcohol, marijuana, or prescription drugs, and give feedback, strategies, and S&T-specific resources that can help.

Health and Well-Being Canvas Course

This course on Canvas houses recorded presentations, trainings, resources, and more from Student Well-Being, Student Health, and other health/well-being departments on campus.

Miner Well-Being Certification Program

This semester-long certification, housed on the Health and Well-Being Canvas Course, allows students to complete activities in five areas of well-being (career, financial, social, physical/mental, community), with the goal of encouraging a more holistic and well-rounded look at well-being.

Sanvello

This on-demand app offers help for stress, anxiety, depression, and other mental health concerns through techniques such as coaching, therapy, playlists, mood tracking, and more. S&T community members get free premium use when registered with their @mst.edu email.

PartySafe

This online training will increase skills and knowledge in planning and hosting a successful, fun, safe event, and to avoid potential problems.

Wellness Consultations

Meet one-on-one with a Wellness Coordinator regarding a variety of topic areas: nutrition, nicotine cessation, alcohol screening/intervention, cannabis screening/intervention, general wellness, and more based on student needs.



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