

# Well-Being Support For International and Graduate Students

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!



## **[STEP UP! Bystander Intervention Program \(stepup.mst.edu\)](http://stepup.mst.edu)**

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. Trainings are meant for a group and would be perfect for organizations to participate in.

## **[Miner Support Network \(thesupportnetwork.org/miner\)](http://thesupportnetwork.org/miner)**

The Miner Support Network is a campus organization that works to de-stigmatize mental health through confidential, weekly, peer-facilitated groups, while working to create an inclusive community dedicated to empathy and trust. International student specific groups available upon request.

## **[Stress and Time Management Presentation \(wellbeing.mst.edu/presentations\)](http://wellbeing.mst.edu/presentations)**

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.

## **[Grit and Resilience Workshop Series \(wellbeing.mst.edu/appointments/groups/#grit\)](http://wellbeing.mst.edu/appointments/groups/#grit)**

These workshops will help participants be gritty, build resilience, strengthen relationships, deepen their sense of meaning and purpose, and help them cope with stressors and challenges. Activities and exercises--backed by research--aim to improve health and happiness and are led by a Health Educator. This group is led by a staff member.

## **[Group Counseling \(wellbeing.mst.edu/appointments/groups\)](http://wellbeing.mst.edu/appointments/groups)**

Group counseling offers a safe space to gain awareness of yourself and others. The experience can reduce loneliness, normalize life events, promote change, and teach new relationship skills. Each group focuses on a different topic and meets weekly.

### **[Health and Well-Being Canvas Course \(umsystem.instructure.com/enroll/G3LY3G\)](https://umsystem.instructure.com/enroll/G3LY3G)**

This course on Canvas houses recorded presentations, trainings, resources, and more covering various health and well-being topics. Some topics include nutrition, homesickness, sleep and sleep health, test anxiety, and more.

### **[Miner Well-Being Certification Program \(cglink.me/2nk/x35\)](https://cglink.me/2nk/x35)**

This semester-long certification allows students to complete activities in various areas of health and wellness with the goal of encouraging a more holistic and well-rounded look at well-being.

### **[ProjectConnect \(wellbeing.mst.edu/appointments/groups/#projectconnect\)](https://wellbeing.mst.edu/appointments/groups/#projectconnect)**

This fun, peer-led program aims at helping students build social connections and community on campus. Students meet in small groups over the course of six 1-hour sessions and engage in a series of thought-provoking questions and fun activities, ending with a group event.

### **[Wellness Consultations and Coaching \(wellbeing.mst.edu/more/about-us/services\)](https://wellbeing.mst.edu/more/about-us/services)**

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, coaching and motivation, and more based on student needs.

### **[College Behavior Profile \(CBP\) \(cbp.mst.edu\)](https://cbp.mst.edu)**

The CBP is a quick and confidential way to get personalized feedback on your alcohol and marijuana/cannabis use.

### **[Individual Counseling \(wellbeing.mst.edu/more/about-us/services\)](https://wellbeing.mst.edu/more/about-us/services)**

Student Well-Being offers brief, solution-based, confidential treatment to Missouri S&T students.

### **[Miner Oasis \(201 Norwood Hall\)](#)**

The Miner Oasis is a safe space for students to relax and de-stress with coloring books, customizable essential oils, coffee and tea, snacks, yoga mats, games, puzzles, and a massage chair. Additionally, there is now a second Miner Oasis location in the Library with comfortable seating, coloring books, and more.



#### **Contact us:**

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