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.

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.

Sanvello
App to help manage stress, anxiety, depression, and build resiliency. Access the premium app for free with your @mst.edu email. Learn more at sanvello.com.

ScreenU
Screenings designed to give non-judgmental feedback encouraging users to consider choices that may increase risk for harmful consequences. Take an alcohol, cannabis, or nicotine screening at wellbeing.mst.edu/screenu.

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/.

Wellness Connection Newsletters
Sent monthly via email, these newsletters contain up-to-date wellness 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/.

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 an interactive PDF, use the QR code or QR code link below. For any questions or concerns regarding this specific document, contact Laura Woods-Buchanan (laurawoods-buchanan@mst.edu), Health Communications Specialist, Student Well-Being.

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Find us on social media:
@sandtwellbeing

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

Updated August 2021
On-Campus Services

Care Management Services
Care Management supports students throughout their experience at S&T through coordination of support services, absence notifications, referrals, and more. Learn more at caremanagement.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.

Miner Oasis
Quiet relaxation space for students with coffee and tea, fruit, aromatherapy, massage chain, games, art supplies, and comfortable seating. The Miner Oasis is located in 201 Norwood Hall.

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 stuaff.mst.edu/emergency-fund.

UCARE (University Committee for Assistance, Response, and Evaluation)
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.

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.

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.

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.

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).

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.

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.

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).

Crisis and After Hours Services

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 Hotline
Hotline staffed by mental health professionals who can respond to a crisis determine next steps. Call 1.800.833.3915 to access.

Crisis Text Line
Global organization providing free crisis intervention via SMS message. Text HOME to 741741 to access.

LiveHealth Online
Secure and confidential access to therapists or psychiatrists. Use insurance or self-pay for services (ranging from $59-$175 per visit without insurance). Learn more at livehealthonline.com.

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 1.800.273.8255 to access.

University Police Department
Call 573.341.4300 or visit police.mst.edu.