Well-Being Support For Greek Life

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

Alcohol Risk Management
This training teaches strategies to minimize alcohol-related risks.

CHEERS Program
Bars and restaurants participating in CHEERS provide free, non-alcoholic beverages to the acknowledged designated driver of a group of two people or more. Many Rolla businesses participate in CHEERS, such as Hoppers, Alex's Pizza, Public House, Bandana's, Buffalo Wild Wings, and more.

Mental Well-Being Ambassador Training
This training is for student leaders who want to be 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.

Sexual Health Jeopardy
This interactive presentation focuses on consent, sexually transmitted disease awareness, and healthy sexuality in a “game show” environment.

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.

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.
Ask.Listen.Refer Suicide Prevention Training
This quick, online, SST-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.

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.

MACRO Collegiate Recovery Ally Training
This online training was designed to help faculty, staff, and students support individuals in recovery from substance use disorders. It covers myths and stigmas about substance use disorders, using recovery friendly language, and how to support someone in recovery. While this is an individual, online training, chapters can be recognized for full chapter completion.

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.

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

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. SST community members get free premium use when registered with their @mst.edu email.

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

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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