Well-Being Support For International 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!

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 a busy 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.

**Miner Support Network**
The Miner Support Network is a campus organization that works to destigmatize 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.

**Long Distance Relationships Presentation**
This customizable presentation focuses on how to deal and cope with long distance relationships with family, friends, and significant others.

**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.

**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.

**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.

**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.

**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.

**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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