RESOURCES

Student Well-Being
> 573-341-4211, wellbeing@mst.edu

Student Health Services
> 573-341-4284, mstshs@mst.edu, or studenthealth.mst.edu

Local AA, NA, CA meetings
> macro.missouri.edu/students.html

Local Al Anon meetings
> missouri-al-anon.org/meetingsa.html

MO Network
> monetwork.org

STUDENT WELL-BEING STAFF

To learn more about our staff, scan this QR code:

![QR Code](wellbeing.mst.edu/more/about-us/)

A support group for Missouri S&T students who want to explore their own behaviors and ideas for change to avoid future consequences related to drugs and alcohol in a safe setting.

Student Well-being
204 Norwood Hall
320 West 12th Street
Rolla, MO 65409
573-341-4211 | wellbeing@mst.edu

MACRO
Missouri Alliance of Collegiate Recovery Organizations
Revised September 2021
**ScreenU**

ScreenU is designed to give you anonymous, non-judgemental feedback encouraging you to think about your choices that may be putting you at risk for harmful consequences. There are assessments for alcohol, marijuana, and prescription drug use. [wellbeing.mst.edu/screenu](http://wellbeing.mst.edu/screenu)

If you have questions about your results, set up a consultation with a Wellness Coordinator at [wellbeing@mst.edu](mailto:wellbeing@mst.edu)

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**Consultations**

**BASICS** (Brief Alcohol Screening Intervention for College Students): A structured program for any student who seeks to develop alcohol safety skills and to become more knowledgeable about reducing harmful consumption and negative consequences associated with high-risk alcohol consumption.

**CASICS** (Cannabis Screening Intervention for College Students): A program designed for any student who seeks to reduce risky behaviors and harmful consequences of cannabis using a harm-reduction approach.

**SUIP** (Substance Use Intervention Program) A program designed for any student who seeks to reduce risky behaviors and harmful consequences of substance use using a harm-reduction approach.

**Nicotine Cessation Coaching and NRT** (Nicotine Replacement Therapy): Provides one-on-one nicotine cessation coaching, a personalized quit plan, and over the counter NRT in the form of lozenges, patches, and gum, free of charge.

To schedule any of the consultations listed above please contact Student Well-Being at [wellbeing@mst.edu](mailto:wellbeing@mst.edu)

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**Meetings are held weekly.**

Email us at [wellbeing@mst.edu](mailto:wellbeing@mst.edu) for in-person location or Zoom access