

## RESOURCES

### Student Well-Being

> 573-341-4211, [wellbeing@mst.edu](mailto:wellbeing@mst.edu)

### Student Health Services

> 573-341-4284, [mstshs@mst.edu](mailto:mstshs@mst.edu), or  
[studenthealth.mst.edu](http://studenthealth.mst.edu)

### Local AA, NA, CA meetings

> [macro.missouri.edu/students.html](http://macro.missouri.edu/students.html)

### Local Al Anon meetings

> [missouri-al-anon.org/meetingsa.html](http://missouri-al-anon.org/meetingsa.html)

### MO Network

> [monetwork.org](http://monetwork.org)

## STUDENT WELL-BEING STAFF

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



[wellbeing.mst.edu/more/about-us/](http://wellbeing.mst.edu/more/about-us/)

### Student Well-being

204 Norwood Hall  
320 West 12th Street  
Rolla, MO 65409

573-341-4211 | [wellbeing@mst.edu](mailto:wellbeing@mst.edu)



Revised September 2021



## 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



## 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)

## 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)

# 4 MINERS RECOVERY

Providing support, awareness, and healing to help lead a balanced life.

- > Increase self-awareness
- > Increase your understanding of responsibilities
- > Examine your relationship with others
- > Share and receive feedback from others in similar circumstances

## Meetings are held weekly.

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

