

# WHAT TO EXPECT

## from Wellness Consultations with Student Well-Being

### Scheduling a consultation:

To schedule a consultation, email [wellbeing@mst.edu](mailto:wellbeing@mst.edu), simply stating you'd like to schedule a consultation and staff will assist you from there. You can also call 573.341.4211 or visit 204 Norwood Hall if you prefer. After this initial contact, the Wellness Coordinator you will be meeting with will reach out via email to finalize any details or to ask follow-up questions. Unless mandated to attend, all consultations are free for all enrolled students.

### During a consultation:

You will meet either in person or virtually, depending on your and the Wellness Coordinator's preference. Meetings typically last around 50 minutes, and are private but not necessarily confidential, as Wellness Coordinators are Mandated Reporters. You will discuss your concerns, be provided support and information, and determine next steps.

### After a consultation:

Some consultations are stand alone, but follow-up sessions can be scheduled based on your interest and staff availability. Some consultation types are always two sessions, such as BASICS and CASICS, and your Wellness Coordinator will schedule your second session before you leave your first session. After your final session, there is no need for follow-up or any additional contact with the Wellness Coordinator, unless desired.

Learn more about wellness consultations:

[wellbeing.mst.edu/appointments/wellness-consultations](https://wellbeing.mst.edu/appointments/wellness-consultations)