STUDENT WELL-BEING

Through health education and promotion, individual, group, and crisis counseling, Student Well-Being strengthens the well-being of S&T students by reinforcing healthy habits, reducing the impact of high-risk behaviors, and promoting self-awareness and skill development.

Peer Education
Through participation in one of our many peer education groups, students gain professional development and leadership experience. Peer educators provide education and resources to their fellow S&T students to encourage safe and healthy behavior.

Outreach Requests
Personalized trainings, programs, and many other types of outreach to the S&T campus. Some topics include STEP UP! bystander intervention, nutrition, sexual health, stress and time management, and healthy coping skills.

Miner Well-Being Certification
The Miner-Well-Being Certification is a semester long program that connects you to the services, initiatives and ideas to assist with your development of a holistic and thriving life. Find it in the Health and Well-Being Canvas course.

Counseling Services
One-on-one and group counseling sessions with a licensed counselor. Sessions are confidential always, and can help students with a variety of concerns.

Consultations
One-on-one consultations for students in: nutrition, nicotine cessation, alcohol/cannabis screening, bystander intervention, general wellness.

Miner Oasis (Norwood 201)
The Miner Oasis is equipped with comfy seating, massage chair, coffee, puzzles, games, aromatherapy, crafts and more!

Black Bag Project
The black bag project is to encourage safe sex practices. Bags are located in the Miner Oasis with lubricant, condoms, and info. No questions and no judgement!

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