Roadmap to Student Support

UCARE
Centralized referral source for concerns about student success.

EMERGENCY RESOURCES
Assistance for basic needs, emergencies and unexpected expenses.

COMMUNITY STANDARDS
Promotes student development & upholds S&T values & standards.

JOE MINER CHATBOT
Solicits the voice of students and connects them with support.
UCARE – Primary Referral Source

- Academic
- Financial
- Health Well-Being
- Family Friends
- Belonging
- Leaves Absences
- Climate Culture
- Crisis Emergency

Navigating the S&T Experience
When to Refer to UCARE

**Academic Signs**
- Tardiness/Absence
- Disorganized Work
- Written Dark Expressions
- Disproportionate Response
- Missed or Late Work
- Performance Decline

**Emotional Signs**
- Emotional/Crying
- Incoherent Speech
- Distress Statements
- Expression of Suicide
- Impulsivity/Outburst
- Despair/Hopeless
- Animated/Withdrawn
- Regulating Mood

**Physical Signs**
- Poor Hygiene/Unkept
- Under the Influence
- Slow or Rapid Speech
- Consistently Fatigued
- Weight Gain or Loss
- Confused/Disoriented
- Regulating Behavior
How to Refer to UCARE

▶ Refer online at go.mst.edu/ucare-refer
  ▪ Email ucare@mst.edu
  ▪ Call 573-341-4209
  ▪ Visit 107 Norwood Hall
UCARE Referral Trajectory

Evaluate & Assess → Engage → Support & Refer

Collect & Collaborate → Monitor & Follow-Up
## After Hours Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>911</td>
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<tr>
<td>University Police</td>
<td>573.341.4300</td>
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<tr>
<td>Suicide &amp; Crisis Lifeline</td>
<td>988</td>
</tr>
<tr>
<td>Crisis Text Line</td>
<td>Text “HOME” to 741741</td>
</tr>
<tr>
<td>Compass Health Hotline</td>
<td>800.237.4567</td>
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<tr>
<td>Phelps Health</td>
<td>573.458.8899</td>
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Student Support and Community Standards

107 Norwood Hall

- studentsupport.mst.edu
- studentsupport@mst.edu
- 573-341-4209