

# Student Well-Being

## Our Services

Updated Summer 2025

# Student Well-Being

Student Well -Being provides counseling services, health promotion initiatives, and prevention programs to empower the S&T community to thrive and enhance personal, academic, and professional success.

# Student Well-Being



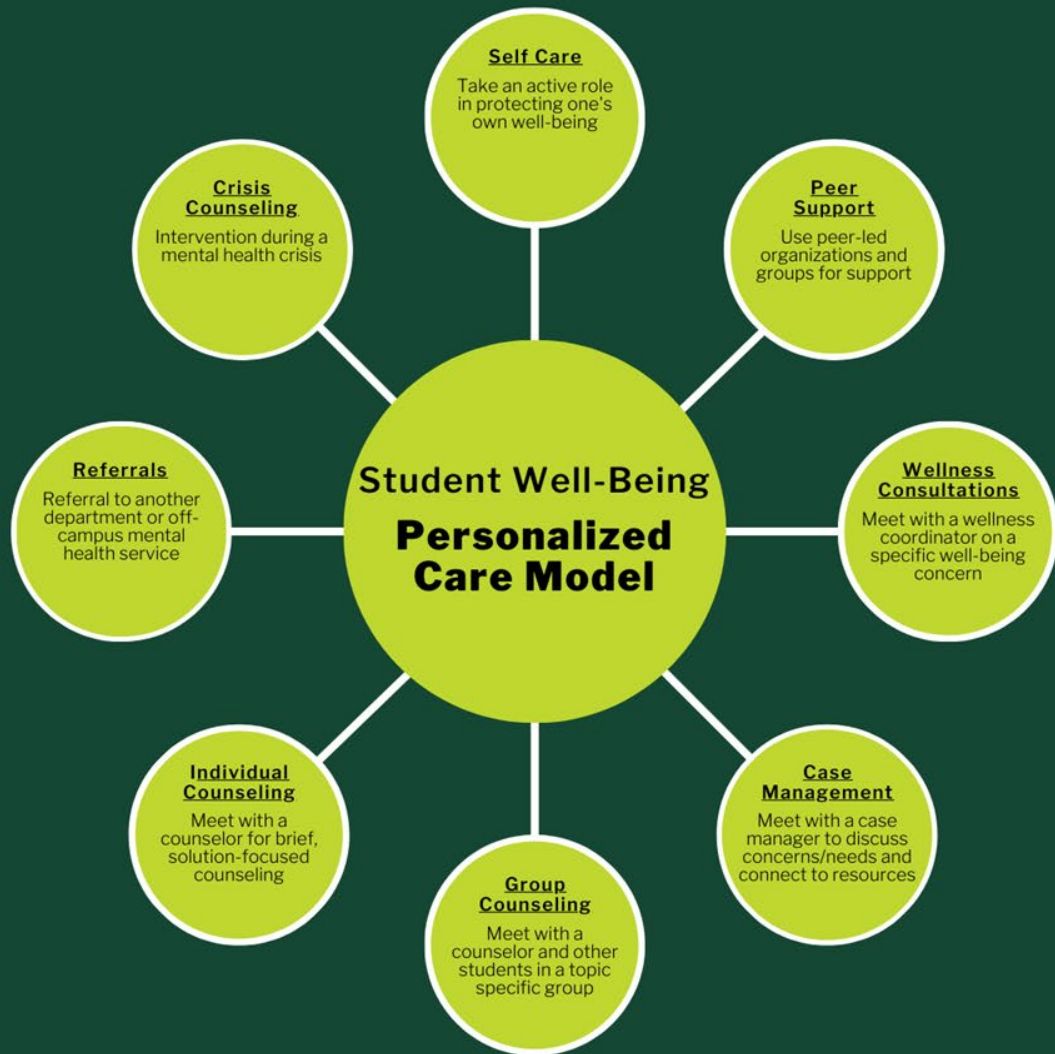
## Our Services



We provide the following services:

- |   |  |
|---|--|
| <input type="checkbox"/> Counseling             | <input type="checkbox"/> Joe's PEERS           |
| <input type="checkbox"/> Case Management        | <input type="checkbox"/> Miner Support Network |
| <input type="checkbox"/> Wellness Consultations | <input type="checkbox"/> ProjectConnect        |
| <input type="checkbox"/> Wellness Programming   | <input type="checkbox"/> Miner Oasis           |
| <input type="checkbox"/> Bystander Intervention | <input type="checkbox"/> Canvas Course         |





# Department Services

## Counseling

Our counseling services are free, confidential, provided by licensed counselors, and are available for all students.

- Individual Counseling
- Group Counseling
- Crisis Counseling
- Community Referrals and Resource Referrals
- After Hours Resources

# Department Services



## Wellness Consultations



Wellness consultations are free coaching sessions provided by wellness coordinators in a short-term format.



- Nutrition
- Alcohol Use
- Cannabis/Marijuana Use
- Bystander Intervention
- Sleep
- LGBTQ+
- Self Regulation
- Nicotine Cessation
- Wellness Coaching
- General Wellness



# Department Services

## Case Management

Our Case Managers work to assist students by addressing immediate needs, connecting to appropriate resources, and working to help students navigate barriers to their well-being and success. A successful strategy may include:

- Various resources
- Continuity of care services
- Provide accountability through supportive follow-up

# Department Services

## Wellness Presentations and Programming

Student Well-Being offers presentations, trainings, and outreach events for groups, departments, organizations, and general campus community members. Some programming offered:

- Bystander Intervention
- Nutrition/Healthy Eating
- Healthy Coping Skills
- Resource Awareness
- Stress and Time Management
- Resilience and Mindfulness
- Motivation
- Self Care



# Department Services

## Bystander Intervention

Our STEP UP! Bystander Intervention Program helps students, faculty, and staff recognize problematic events and increases their motivation, skills, and confidence when responding to problems or concerns. Current trainings offered are STEP UP! for:

- Mental Well-Being
- Bias and Discrimination Prevention
- Sexualized Violence Prevention
- Safer Drinking

# Department Services

## Miner Oasis - 202 Norwood Hall



# Department Services

## Miner Oasis- Curtis Laws Wilson Library



# Department-Led Committees



## Prevention Coalition



Prevention Coalition is a network of campus and community partners who utilize S&T specific data to guide wellness initiatives, encouraging positive choices among students and reduce the impact of high-risk behavior associated with alcohol and other drugs. We collaborate closely with Partners in Prevention (PIP) and other Missouri universities to guide and improve Student Well-Being programming.



# Department-Led Committees



## Health and Well -Being Committee



The Health and Well-Being Committee is designed to review our current systems, programs, and policies to build upon existing and create new mental well-being, substance abuse, and suicide prevention efforts. As part of the process, each school establishes an interdisciplinary, campus-wide team to assess, support, and implement improvements.



# Student-Led Services



## Joe's PEERS



Joe's PEERS (JPs) is a student leadership organization that provides education, encouragement, and resources to students and campus community members through events, programming, and more.



Meetings are held every Monday at 12pm throughout the semester and students can join at any point.



# Student-Led Services



## ProjectConnect



ProjectConnect is a fun, 6-session peer-led program aimed at helping students build social connections and community on campus. Students meet in groups of 4-6 over the course of six 1-hour sessions, and engage in a series of thought-provoking questions and fun activities, ending with a group event.



Sign ups are at the beginning of each semester.





# Online Resources



## Miner Well -Being Certification Program



The [Miner Well-Being Certification Program](#) is a series of activities focused on different areas of well-being, encouraging a more holistic and well-rounded look at wellness. Participants who complete the program receive a certificate and letter of recommendation signed by the Director of Student Well-Being.





# Online Resources

## Health and Well -Being Canvas Course

This non-credit Canvas course houses various trainings, screenings, lessons, and more to learn to support your own and others well-being. Students can enroll at any time for free. It is listed as "ROLLA- Health and Well-Being" on Canvas.

# UCARE

Make a UCARE referral at [ucare.mst.edu](https://ucare.mst.edu)

UCARE, housed within the Division of Student Success, is the central point of contact and referral for students who may be experiencing a personal, academic, financial, wellbeing, and/or other concern.

Submitting a UCARE referral allows trained staff to connect with students in need to offer support and resources.



# Resources

## Online

### Ask Mak

- ❑ Anonymously ask a health question & have it answered by a health educator

### Where to Find Us:

Scan Here:



Or Go To:

<https://bit.ly/SWBHealthEducator>

# Online Resources

## Health and Well -Being Resource Directory

Our website features the Health and Well-Being Resource Directory, a new resource that has on-campus, off-campus, and online resources available to you, categorized by topic area, such as:

- Mental health
- Alcohol/Substance misuse
- Academic
- Disordered eating
- Financial concerns
- Career
- Disability/accessibility support
- General/physical health
- LGBTQ+
- Sexual Health
- And many more!

# Resources Available 24/7

Always call 911 first in an emergency

- ☐ **National Suicide and Crisis Prevention Lifeline**

- ☐ 988

- ☐ **Crisis Text Line**

- ☐ Text “HOME” to 741741

- ☐ **Compass Health Hotline**

- ☐ (833)356-2427

- ☐ **Phelps Health**

- ☐ (573)458-8899

  
BetterYou +

MISSOURI  
S&T

## Build Habits with a Buddy!

Download BetterYou, add buddies,  
and hit wellness goals together!

Register with your [@mst.edu](mailto:@mst.edu) email  
address today!

Earn \$5\* when you sign up & another  
\$5\* when recruit a buddy!

Hi!



...



\$5 = gift card of  
your choice

# Get free, anonymous support, 24/7

Download TalkCampus for free peer-to-peer  
support with your student email address



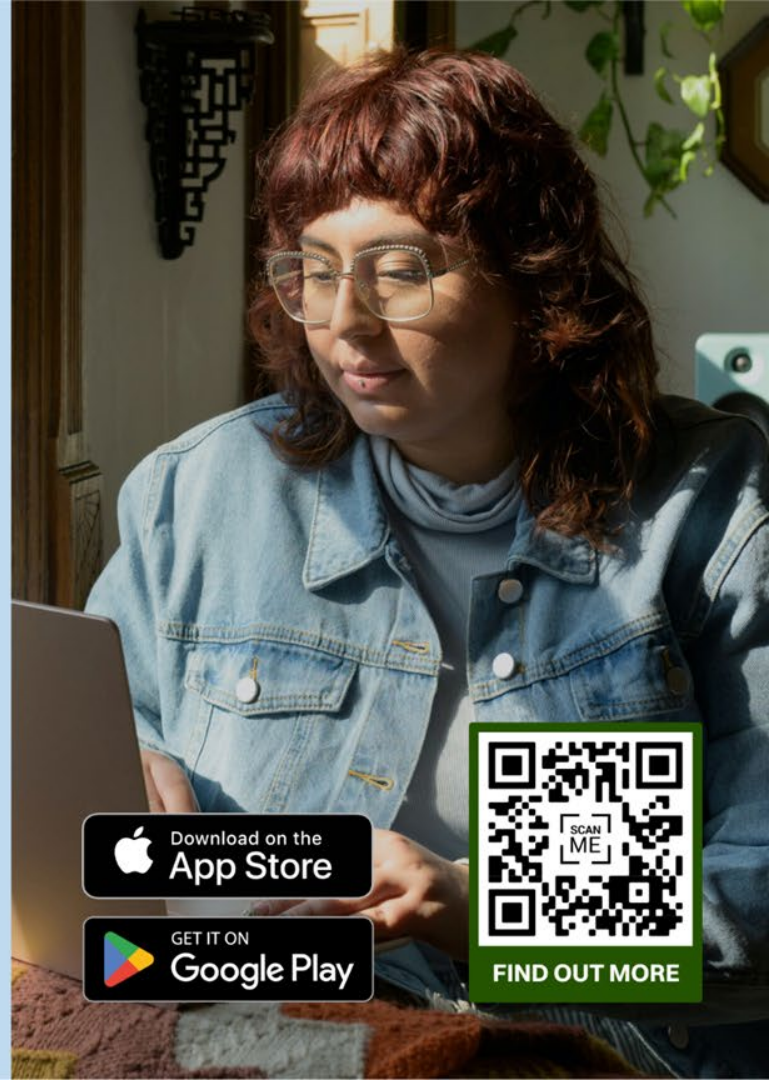
Download on the  
App Store



GET IT ON  
Google Play



FIND OUT MORE



All the resources discussed  
today can be found at:

[wellbeing.mst.edu](https://wellbeing.mst.edu)



# Please Take Our Survey

Scan Here:



# Thank You!

204 Norwood | 573.341.4211 | [wellbeing@mst.edu](mailto:wellbeing@mst.edu) | [wellbeing.mst.edu](http://wellbeing.mst.edu)

Monday - Friday, 8:00am - 4:30pm

Find us on Instagram and Facebook at [@sandtwellbeing!](#)