



Our Services

Student Well-Being

wellbeing.mst.edu | wellbeing@mst.edu | 573.341.4211

G1 Parker Hall | Monday – Friday, 8:00am – 4:30pm

Do you know where to go to get mental health support?

Student Well-Being Main Office



204 Norwood Hall
320 W.12th Street

Student Well-Being Satellite Office



Room 101
Student Health Complex
910 W.10th Street



Student Well-Being

Personalized Care Model



Counseling



Animal Assisted Therapy



BioSync Oasis



Podcast



Anxiety

Morning Cup of Joe



Wellness Consultations



Monthly Yoga



Joe's PEERS

117th Annual St. Pat's
I pledge to **STEP UP!**
for a Safer St. Pat's.

Most Miners

turn to their
PEERS
MAKE THE MOLE
DIGS DEEPER FOR THE FACTS
WELLBEING.MST.EDU

Student Well-Being

Miner Oasis





Case Management

Joe Miner ChatBot

Ask Joe Miner Anything

Joe Miner is available 24/7 to answer questions that you have about Missouri S&T!



How can I register for classes for the spring?

Who is my Advisor?

Where can I find information about counseling services?

What's on the menu at the dining hall today?

Where can I find the forms I need to submit financial aid?

Where is the bookstore?





When every second counts...
contact 911

Life or death emergencies require immediate action from emergency responders because every second counts.

Contact 911 if they are:

- in imminent danger
- communicating that someone else is in imminent danger
- in need of medical attention due to self injury
- overdosing
- unresponsive
- communicating a suicide attempt
- in possession of lethal means



When there's time to talk...
contact 988

A mental health or substance use crisis may not require emergency response, but does require compassionate assistance.

Contact 988 if they are:

- expressing a desire to end their life or hurt themselves
- displaying a self-induced injury that does not require emergency medical attention
- at risk of suicide or appear to be under the influence of alcohol or other drugs
- in emotional distress or struggling to cope

Join thousands of students here to listen

Download TalkCampus for free, anonymous, 24/7 support from a global student wellbeing community

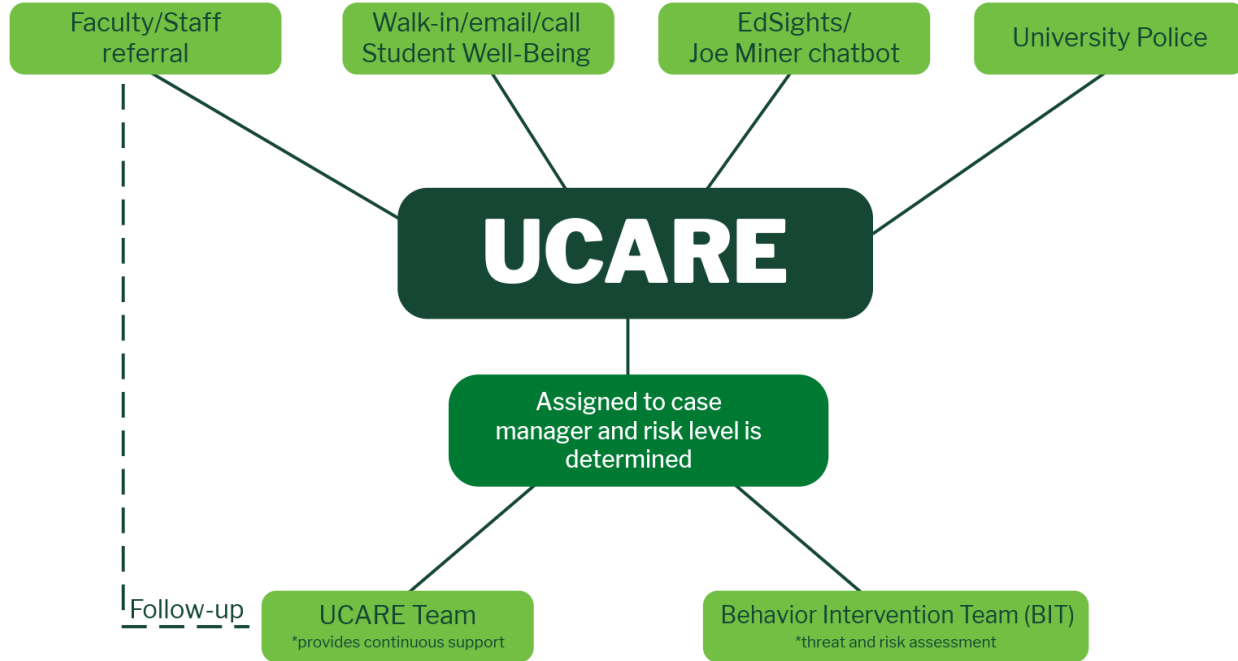


***Set goals,
Challenge friends,
Earn cash rewards!***



 **BetterYou**

UCARE REFERRAL PROCESS FLOW CHART



Make a UCARE referral at **ucare.mst.edu**



Thank you!

For questions or concerns, contact Student Well-Being:

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