## Mental Well-Being Quick Referral Guide

### Academic
- **Change in Quality of Work**
- **Excessive Absence**
- **Missing Student**
- **Career or Major Concern**
- **Academic Accommodations**

### Concerning Behavior
- **Disruptive**
- **Disturbing Written Content**
- **Poor Hygiene**
- **Alcohol/Substance Misuse**
- **Significant Change in Appearance**
- **Threatening Behavior**
- **Suicidal**

### Medical
- **Injury**
- **Illness**
- **Problem with Medication**
- **Medical Condition**
- **Misuse of Medication**

### Mental Health
- **Anxiety**
- **Suicidal Behavior**
- **Depression**
- **Disordered Eating**
- **Emotional Distress**
- **Self-Injury**
- **Alcohol/Substance Misuse**
- **Victim of Violence or Harm**

### Personal
- **Isolation or Loneliness**
- **Relationship or Family Concern**
- **Loss of Family or Friend**
- **Career Concern**
- **Identity-Based Concern**
- **Financial Problem**
- **Housing/Food Insecurity**

### Resources

<table>
<thead>
<tr>
<th>Mild Distress</th>
<th>Moderate Distress</th>
<th>Extreme Distress</th>
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<tbody>
<tr>
<td><strong>Academic Advisor</strong></td>
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<td><strong>Call 911</strong></td>
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<tr>
<td>LEAD: lead.mst.edu</td>
<td>Coaching/Tutoring: Student Success: <a href="mailto:success@mst.edu">success@mst.edu</a></td>
<td>Report Student of Concern: ucare.mst.edu</td>
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<tr>
<td>Math Learning Center: math.mst.edu</td>
<td>S&amp;T Connect: <a href="mailto:connect@mst.edu">connect@mst.edu</a></td>
<td>Counseling Services: 573-341-4209</td>
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<tr>
<td>Writing Center: <a href="mailto:wac@mst.edu">wac@mst.edu</a></td>
<td>Care Management Services: <a href="mailto:cm@mst.edu">cm@mst.edu</a></td>
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</tr>
<tr>
<td>Career/Major Advice:  • Counseling, 573-341-4211</td>
<td>Report Student of Concern: ucare.mst.edu</td>
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<tr>
<td>• COER, <a href="mailto:career@mst.edu">career@mst.edu</a></td>
<td>Testing and Student Disability Services: sds.mst.edu</td>
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</tr>
<tr>
<td>Report Student of Concern: ucare.mst.edu</td>
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</tbody>
</table>

### Reporting Concerns
- **Academic Advisor**
- **Math Learning Center**
- **Writing Center**
- **Career/Major Advice**
  - Counseling, 573-341-4211
  - COER, career@mst.edu
- **Report Student of Concern**
  - ucare.mst.edu
- **Academic Advisor**
  - Coaching/Tutoring: Student Success: success@mst.edu
  - S&T Connect: connect@mst.edu
  - Care Management Services: cm@mst.edu
  - Report Student of Concern: ucare.mst.edu
  - Testing and Student Disability Services: sds.mst.edu
  - Call 911
- **Concerning Behavior**
  - **Report Student of Concern**
  - ucare.mst.edu
- **Counseling**
  - Suicide Prevention, asklistenrefer.org
  - Screenings for Mental Health, Body Image, Alcohol Use, counseling.mst.edu
  - Miners Oasis: Norwood 203
  - Mindfulness Activities
  - Aromatherapy
  - Report Student of Concern: ucare.mst.edu
  - Call 911
  - Report Student of Concern: ucare.mst.edu
  - Counseling Services: 573-341-4209
  - Care Management Services: 573-341-4209
- **Medical**
  - **Student Health**
  - mstsha@mst.edu
  - Care Management Services: cm@mst.edu
  - Disability Services: dss@mst.edu
  - Miners Wellness Consultation: minerwellness@mst.edu
  - Call 911
  - Report Student of Concern: ucare.mst.edu
  - Counseling Services: 573-341-4211
  - Care Management Services: 573-341-4209
- **Mental Health**
  - **Counseling**
  - 573-341-4211
  - Suicide Prevention
  - Mental Health Screening
  - Stress Less Room
  - Body U Screening
  - Self Help Library
  - Group/Individual Counseling
  - Miners Oasis: Norwood 203
  - Mindfulness Activities
  - Aromatherapy
  - Report Student of Concern: ucare.mst.edu
  - Call 911
  - Report Student of Concern: ucare.mst.edu
  - Counseling Services: 573-341-4211
  - Care Management Services: 573-341-4209
- **Personal**
  - **Getting Involved: PIA**
  - involvement@mst.edu
  - **Miner Support Network**
  - minerwellness@mst.edu
  - **Care Management Services**
  - 573-341-4209
  - **Care Advising: COER**
  - career@mst.edu
  - **Diversity Support: SDI**
  - sdi@mst.edu
  - **Money Management: SFA**
  - sfa@mst.edu
  - **Financial Assistance: SFA**
  - sfs@mst.edu
  - **Emergency Funds**
  - stuaff.mst.edu/emergency-fund
  - **Food Bank: SDI**
  - sdi@mst.edu
  - Call 911
  - Report Student of Concern: ucare.mst.edu
  - Counseling Services: 573-341-4211
  - Care Management Services: 573-341-4209

For more detailed information, visit counseling.mst.edu/redfolder and minerwellness.mst.edu/miners-care.

Visit minerwellness.mst.edu/well-being-referral-guide for an interactive/digital version of this handout.