

Well-Being Quick Reference Guide



Learn more about the committee at wellbeing.mst.edu/jed

RESOURCES

	Mild Distress	Moderate Distress	Extreme Distress
ACADEMIC >> Change in quality of work >> Excessive Absence >> Missing Student >> Career or Major Concern >> Academic Accommodations	Academic Advisor LEAD Tutoring: lead.mst.edu Math Learning Center: math.mst.edu Writing Center: writingcenter.mst.edu Career/Major Advice: COER, career.mst.edu S&T Connect: sandtconnect.mst.edu Report Student of Concern: ucare.mst.edu	Academic Advisor Counseling Services: counseling.mst.edu Coaching/Tutoring: Student Success studentsuccess.mst.edu Care Management: caremanagement.mst.edu Testing and Student Disability Services: testcenter.mst.edu dss.mst.edu Report Student of Concern: ucare.mst.edu	Call 911 Report Student of Concern: ucare.mst.edu Counseling Services: counseling.mst.edu Care Management: caremanagement.mst.edu
CONCERNING BEHAVIOR >> Disruptive >> Disturbing Written Content >> Poor Hygiene >> Alcohol/Substance Misuse >> Serious Change in Appearance >> Threatening Behavior >> Suicidal	Counseling Services: counseling.mst.edu Screenings for Mental Well-Being Body Image Alcohol/Drug Misuse Suicide Prevention Training: ask.listen.refer.org/mst Report Student of Concern: ucare.mst.edu	Counseling Services: counseling.mst.edu Miners 4 Recovery Group Sessions Care Management: caremanagement.mst.edu Miner Wellness: minerwellness.mst.edu Alcohol and Marijuana Use Consultations	Call 911 Report Student of Concern: ucare.mst.edu Counseling Services: counseling.mst.edu Care Management: caremanagement.mst.edu
MEDICAL >> Injury >> Illness >> Problem with Medication >> Medical Condition >> Misuse of Medication	Student Health: studenthealth.mst.edu	Student Health: studenthealth.mst.edu Care Management: caremanagement.mst.edu Care Coordination for medical needs Student Disability Services: dss.mst.edu Miner Wellness: minerwellness.mst.edu General Wellness Consultations	Call 911 Report Student of Concern: ucare.mst.edu Counseling Services: counseling.mst.edu Care Management: caremanagement.mst.edu
MENTAL WELL-BEING >> Anxiety >> Suicidal Behavior >> Depression >> Disordered Eating >> Emotional Distress >> Self-Injury >> Alcohol/Substance Misuse >> Victim of Violence or Harm	Counseling Services: counseling.mst.edu Suicide Prevention Mental Health Screenings Stress-Less Room Body U Screening Self Help Library Group/Individual Counseling Sessions Miner Wellness: minerwellness.mst.edu Well-Being Consultations Miner Oasis Wellness Trainings Student Diversity Initiatives (SDI): sdi.mst.edu Report Student of Concern: ucare.mst.edu	Counseling Services: counseling.mst.edu Miner Wellness: minerwellness.mst.edu Alcohol and Marijuana Use Consultations Care Management: caremanagement.mst.edu Student Health: studenthealth.mst.edu Equity and Title IX: equity.mst.edu Protection against discrimination on the basis of a protected class or sex (gender) University Police Department: police.mst.edu	Call 911 Report Student of Concern: ucare.mst.edu Counseling Services: counseling.mst.edu Care Management: caremanagement.mst.edu
PERSONAL >> Isolation or Loneliness >> Relationship >> Depression >> Disordered Eating >> Emotional Distress >> Self-Injury >> Alcohol/Substance Misuse	Getting Involved: involvement.mst.edu Student Clubs and Organizations Fraternity and Sorority Life Volunteerism and Civic Engagement Peer Involvement Advisors (PIA's) Miner Support Network: minerwellness.mst.edu Care Management: caremanagement.mst.edu Career Advising: COER career.mst.edu Student Diversity Initiatives (SDI): sdi.mst.edu Student Financial Assistance: sfa.mst.edu	Care Management: caremanagement.mst.edu Counseling Services: counseling.mst.edu Student Financial Assistance: sfa.mst.edu Miner Wellness: minerwellness.mst.edu Student Emergency Fund: stuaff.mst.edu/emergency-fund Student Diversity Initiatives (SDI): sdi.mst.edu Food Pantry Resource Library LGBTQ+ Resource Center	Call 911 Report Student of Concern: ucare.mst.edu Counseling Services: counseling.mst.edu Care Management: caremanagement.mst.edu