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. All services and resources listed in this brochure are free to all enrolled students.

Contact Us
www.wellbeing.mst.edu
573.341.4211
204 Norwood Hall
320 W. 12th Street, Rolla MO

Counseling Services
Counseling services are confidential, in a safe space, and offer direct contact with a licensed counselor or psychologist.

Individual Counseling
wellbeing.mst.edu/appointments/counseling-appointments
Brief, solution based treatment with a counselor. Sessions typically last 45-60 minutes.

Group Counseling
wellbeing.mst.edu/appointments/groups
Explore specific topics and concerns with the added support of other students. Sessions typically last 45-60 minutes and are led weekly by a counselor or trained staff member. Some topics are ADHD, anxiety and stress, body positivity, healthy relationships, international student, LGBTQ+, recovery, and safety/PTSD.

Crisis Counseling
wellbeing.mst.edu/resources/crisis
During operating hours, urgent/crisis services are available for students who are in crisis or have an urgent need to be seen by an available counselor.
Consultations
wellbeing.mst.edu/appointments/wellness-consultations
Consultations are one-on-one, individualized coaching with a wellness coordinator. Available consultation topics are nutrition, alcohol use, cannabis use, substance use, nicotine cessation, self-regulation, LGBTQ+, health coaching, and general wellness.

Group Education

Presentations
wellbeing.mst.edu/presentations
Personalized presentations, trainings, and workshops are provided to organizations, classes, and other groups that request them. Commonly requested topics are STEP UP! bystander intervention, alcohol risk management, resilience and mindfulness, and motivation.

Grit and Resilience Workshop
bit.ly/gritworkshopseries
Workshop series to help participants be gritty, build resilience, strengthen relationships, deepen sense of meaning and purpose, and help cope with stressors and challenges.

Peer Support

Miner Support Network
thesupportnetwork.org/mst
Campus organization that works to destigmatize mental health through weekly, peer-facilitated groups.

ProjectConnect
bit.ly/SandTProjectConnect
Peer-led program aimed at building social connections and community by engaging in a series of thought-provoking questions and fun activities.

Joe's PEERS
wellbeing.mst.edu/peer-education/joes-peers
Student leadership organization to develop experience in public speaking, interpersonal communication, teamwork, and act as a well-being resource to campus.

Miner Oasis
201 Norwood Hall, 320 W. 12th Street
A space on campus to relax, study, or meet with friends on campus. The Miner Oasis features coffee, tea, a massage chair, aromatherapy, crafts and games, snacks, and more. Also featured are sexual health supplies and a food pantry.

Online Resources

Health and Well-Being Course
umsystem.instructure.com/enroll/G3LY3G
This Canvas course houses various trainings and programs offered by campus health and well-being departments. Students can enroll in the non-credit course at any time for free.

Miner Well-Being Certification Program
cglink.me/2nk/x35
Semester-long track on MinerLink that connects participants to the services, initiatives, and ideas to assist with development of a holistic, well-rounded, thriving life.

Health and Well-Being Resource Directory
wellbeing.mst.edu/resources/directory
Browse through the directory to find campus, community, national, and online resources all in one place. Some topic areas include mental health, accessibility services, graduate resources, LGBTQ+, alcohol/drug misuse, and academic concerns, among many more.