

STUDENT WELL-BEING

Through health education and promotion, individual, group, and crisis counseling, student well-being strengthens the well-being of S&T students by reinforcing healthy habits, reducing the impact of high-risk behaviors, and promoting self-awareness and skill development.

COUNSELING SERVICES

Under the direction of a licensed counselor, student well-being provides confidential, brief, solution-focused counseling on the following topics:

- Self-Improvement
- Adjusting to Change
- Coping with Stress
- Motivation and Self-Management
- Interpersonal and Relationship Issues
- Depression and Anxiety; Suicidal Thoughts
- Career Development
- Building Social Confidence and Assertiveness; Social Isolation
- Alcohol and Drug Use Recovery
- Test Anxiety
- ADD/ADHD
- Autism Spectrum Disorder
- Sexual Abuse
- Sexual Orientation, Sexuality, and Identity
- Discrimination
- Eating Concerns/Body Image
- General Wellness (and other topics as needed based on needs of students)

Counseling appointments typically last 45 to 50 minutes, and services are short term in nature.

- Individual counseling is offered as a professional relationship that will empower the student to accomplish their mental health, wellness, educational, and career goals. All individual sessions are confidential.
- Group counseling is offered for many concerns, and is interactive, supportive, and gives students a chance to be with their peers who share similar concerns. All group sessions are confidential. Group topics are set based on needs of students (i.e. Anger Management, Body Image, Family Issues, Living with Loss, Men's Action Therapy etc.). Current group counseling offers are:
 - ADD/ADHD
 - Autism Spectrum Disorder
 - Graduate Students
 - LGBTQ+
 - Miners for Recovery
 - Safety Group (PTSD and Personal Safety)
 - Thriving, Not Just Surviving
 - Social Confidence Group
 - Cognitive Behavioral Therapy (CBT)

HEALTH AND WELL-BEING COMMITTEE

The Health and Well-Being Committee, currently in partnership with The JED Foundation, fosters a culture of mental well-being at Missouri S&T through the collaborative efforts of faculty, students, and staff. JED Campus is a nationwide initiative of The Jed Foundation designed

to guide schools through a collaborative process of comprehensive systems, programs, and policy development with customized support to build upon existing mental well-being, substance abuse, and suicide prevention efforts. The Health and Well-Being Committee assesses and enhances existing work and helps to create positive, lasting, systemic change in the campus community. As part of the process, each school establishes an interdisciplinary, campus-wide team to assess, support, and implement improvements.

BYSTANDER INTERVENTION

STEP UP! (SU!) is Missouri S&T's bystander intervention program that empowers the campus community to foster a culture of awareness, intervention, and inclusion. It helps students recognize problematic events and increases their motivation, skills, and confidence when responding to problems or concerns. There are many SU! trainings campus members can attend: SU! For Mental Well-Being, SU! For Mental Well-Being + Suicide Prevention (includes Ask.Listen.Refer suicide prevention training program), SU! For Safer Drinking, SU! For Diversity and Inclusion, SU! For Sexualized Violence Prevention, and SU! For Faculty and Staff.

MISSOURI S&T PREVENTION COALITION

The Missouri S&T Prevention Coalition is a network of campus and community partners who utilize S&T specific data to guide wellness initiatives. These initiatives encourage 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 twenty other Missouri universities to guide and improve Miner Wellness programming.

PEER EDUCATION

Student well-being coordinates a peer education network comprised of three student groups: Joe's PEERS, Peer Wellness Educators, and STEP UP! Student Ambassadors. Through participation in the peer education program, students gain professional development and leadership experience. They also provide education and resources to their fellow S&T students to encourage safe and healthy behavior.

THE MINER SUPPORT NETWORK

The Miner Support Network, a registered branch of "The Support Network", is a student-led campus organization that works to destigmatize mental health through confidential, weekly, peer-facilitated groups, while holistically working to create an inclusive community dedicated to empathy, trust, and relationship building. All groups are 10 students or less, with two trained group facilitators.

MINER OASIS

The Miner Oasis was created to be a relaxing environment, off the beaten path, for students to enjoy and unwind. The Oasis is equipped with puzzles, board games, a massage chair, mindfulness activities, aromatherapy, crafts, fresh fruit, and free coffee and tea. The Miner Oasis is located in Norwood 201 and open Monday through Friday from 8AM to 4:30PM.

EMPLOYEE ASSISTANCE PROGRAMS

The Faculty/Staff Assistance Program (FSAP), provided by student well-being, provides a variety of services for benefit eligible faculty and staff such as counseling (up to five sessions), referral to resources within the

community, follow-up care coordination services, and supportive crisis intervention following traumatic events.

Eligible employees also have access to the Employee Assistance Program (EAP), provided by ComPsych. EAP offers free, short-term, confidential counseling with a master's PhD-level counselor who can help with emotional needs. The EAP is usable by eligible employees and their household family members, and provides therapy sessions, occupational stress programs, organizational consultation, and work-life resources.

Contact Information:

Jessica Gargus, M.ED, CHES
Director of Student Well-Being
204 Norwood Hall
573-341-4225
wellbeing@mst.edu
<https://wellbeing.mst.edu>