

# STUDENT WELL-BEING

**Mission Statement:** 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.

Meet our staff at <https://wellbeing.mst.edu/more/about-us/>, and see a general overview of our services at <https://wellbeing.mst.edu/services/>.

Student Well-Being operates utilizing the Personalized Care Model (<https://wellbeing.mst.edu/care-model/>), a framework developed within the department to ensure that all students seeking services are accessing the support that is most beneficial to their needs and concerns. If a student is seeking support and is unsure of the best next step, they can schedule a 20 minute screening appointment with a licensed counselor who will listen to the student's concerns and help determine what services and resources are the best fit. Screenings can be scheduled by visiting the student health patient portal (<https://studenthealth.mst.edu/>), calling 573-341-4211, or visiting 204 Norwood Hall.

Browse through our services below. All services listed are available and free to all enrolled students.

## **COUNSELING SERVICES** (<https://wellbeing.mst.edu/appointments/counseling-appointments/>)

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. All Counselors on staff are required to maintain confidentiality, and are NOT mandated reporters.

## **GROUPS** (<https://wellbeing.mst.edu/appointments/groups/>)

Groups are offered for many concerns and are interactive, supportive, and gives students a chance to be with their peers who share similar

concerns. Group topics are set based on student need and interest. Current groups offered are:

- Body Positivity
- Creative Arts Expression
- Embracing Nature
- Grit and Resilience Workshop
- Healthy Relationships
- LGBTQIA+
- Miner Support Network
- Miners 4 Recovery
- Neurodivergent Support
- ProjectConnect
- Safety/PTSD Support
- Self-Care 101
- Self Identity
- Social Confidence
- STOPP Anxiety

## **WELLNESS CONSULTATIONS** (<https://wellbeing.mst.edu/appointments/wellness-consultations/>)

Student Well-Being provides wellness consultations that are one-on-one in nature led by staff Wellness Coordinators. Consultations are short term in nature but can be more ongoing based on student need and staff availability. Consultations currently offered are:

- BASICS (Brief Alcohol Screening and Intervention for College Students)
- CASICS (Cannabis Screening and Intervention for College Students)
- General Wellness and Sleep
- Health and Well-Being Coaching
- LGBTQ+
- Nutrition
- Nicotine Cessation
- Self Regulation
- SUIP (Substance Use Intervention Program)

## **HEALTH AND WELL-BEING COMMITTEE** (<https://wellbeing.mst.edu/more/committees/jed-committee/>)

The Health and Well-Being Committee fosters a culture of mental well-being at Missouri S&T through the collaborative efforts of faculty, students, and staff. 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. Current subcommittees of the committee are Faculty Engagement, Inclusion, Assessment, and Student Advisory.

## **STEP UP!** (<https://stepup.mst.edu/>)

STEP UP! (SU!) is Missouri S&T's community engagement 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. There are many SU! trainings campus members attend:

- SU! For Mental Well-Being
- SU! For Mental Well-Being + Suicide Prevention
- SU! For Safer Drinking
- SU! For Diversity and Inclusion
- SU! For Sexualized Violence Prevention
- SU! For Faculty and Staff

SU! trainings are reviewed and updated each semester at least, and are often given by request to campus groups, organizations, departments, committees, and more. Presentations are mostly 50-60 minutes in length.

**MISSOURI S&T PREVENTION COALITION** (<https://wellbeing.mst.edu/more/committees/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. The Missouri S&T Prevention Coalition collaborates closely with Partners in Prevention (PIP) and twenty other Missouri universities to guide and improve Student Well-Being programming.

**PEER EDUCATION** (<https://wellbeing.mst.edu/peer-education/>)

Student Well-Being coordinates a peer education network comprised of two student groups: Joe's PEERS and Peer Wellness Educators. 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.

**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. Just outside of the Miner Oasis is a food shelf where students can take any non-perishable food items they need. The Miner Oasis is located in 201 Norwood hall and is open Monday through Friday from 8:00AM to 5:00PM.

For a general list of on-campus, community, and online health and well-being resources, visit our resource directory at <https://wellbeing.mst.edu/resources/directory/>.

**CONTACT INFORMATION**

Jessica Gargus, M.ED, CHES  
Director of Student Well-Being  
204 Norwood Hall  
320 W 12th St  
Rolla, MO 65409  
573-341-4225  
[wellbeing@mst.edu](mailto:wellbeing@mst.edu)  
<https://wellbeing.mst.edu>  
Monday-Friday, 8:00AM-5:00PM