

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.

About Us

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

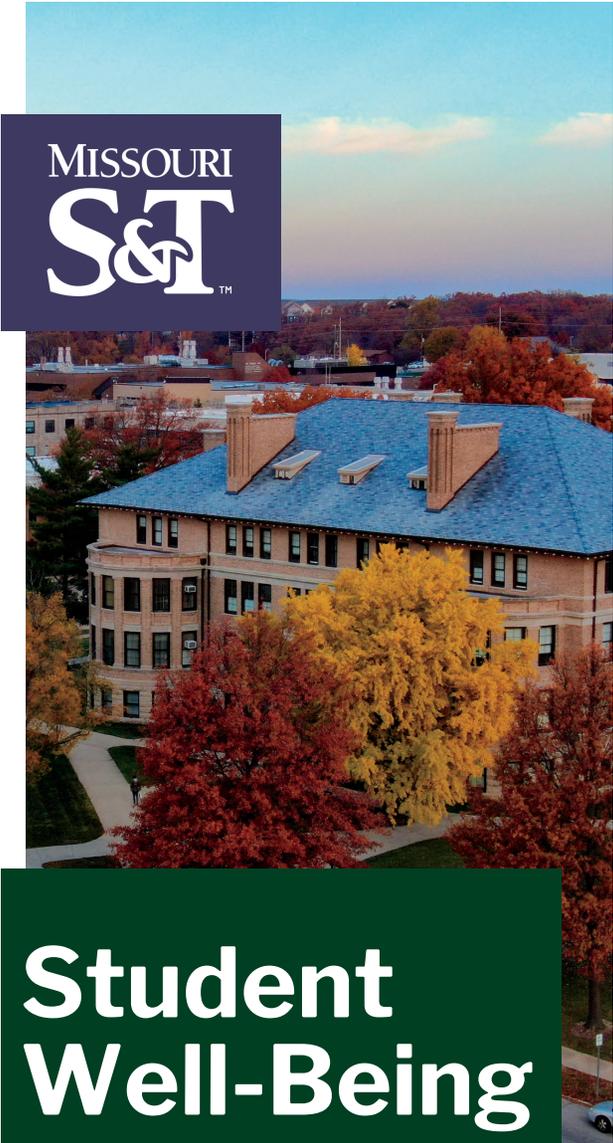
Monday - Friday, 8:00am - 5:00pm

www.wellbeing.mst.edu

wellbeing@mst.edu

573.341.4211

204 Norwood Hall
320 W. 12th Street, Rolla MO



Student Well-Being
Department Services and Resources
Fall 2023

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 de-stigmatize 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.