**Self-Education**

Online trainings, screenings, and resources to learn on your own

**My Total Rewards Wellness**

Wellness tips, information, and activities to encourage positive lifestyle choices and a culture of health, available to all faculty and staff. Some topics covered are eating well, being active, and work-life balance. Learn more at umsystem.edu/totalrewards/wellness.

**Ask.Listen.Refer**

Quick online suicide prevention training recommended for all students, staff, and faculty. Take the training at asklistenrefer.org.

**Collegiate Recovery Ally Training**

Training designed to help faculty, staff, and students support individuals in recovery from substance use disorders. Take the training at mopiptraining.org/macro.

**MindWise Screenings**

Brief mental and behavioral health screenings to determine if you or someone you care about should connect with a counselor or other professional. Take a screening at screening.hfihub.com/mind-wise-demo-screening.

**Well-Being Quick Reference Guide**

This guide can give quick options on what to do when you or someone else is having a health or well-being concern. Learn more at wellbeing.mst.edu/resources/well-being-quick-reference-guide.

**Wellness Connection Newsletters for Employees**

Sent via email, these newsletters contain up-to-date well-being resources and activities to increase the reader’s ability to support themselves and those around them. Learn more at wellbeing.mst.edu/self-education/monthlypublications.

**Health and Well-Being Resource Directory**

Find on-campus, off-campus, and online resources sorted by topic area. Learn more at wellbeing.mst.edu/resources/directory.

**Promoting Well-Being in the Classroom**

This webpage, co-designed by faculty for faculty use, provides information and resources on how well-being can be incorporated in learning environments on campus. Learn more at undergrad.mst.edu/classroom-wellbeing.

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**Contact Information**

Supporting the health and well-being of our campus community members is a high priority at Missouri S&T. If you are struggling, YOU ARE NOT ALONE, and there are resources that can help. This brochure aims to give you up-to-date services, departments, and groups to support your own, and others’, mental well-being. For general help and concerns, contact one of the departments below.

To request any updates or changes to this brochure, contact Laura Woods-Buchanan (laurawoods-buchanan@mst.edu), Health Communications Specialist, Student Well-Being.

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**Student Well-Being**

Jessica Gargus, Director
wellbeing@mst.edu
wellbeing.mst.edu
573.341.4211
204 Norwood Hall

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**Human Resources**

Cindi Nelson, CHRO
hra@mst.edu
hr.mst.edu
573.341.4241
113 Centennial Hall

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Find S&T health and well-being resources on social media:

Find S&T health and well-being resources on social media:
Counseling and Mental Health Services

Employee Assistance Programs
University employees and their household members are eligible for free, confidential counseling services through two Employee Assistance Programs (EAP), provided by ComPsych and Optum. The EAPs provide short term counseling both in person or over the phone. Learn more at umsystem.edu/totalrewards/benefits/eap.

Local Mental Health Service Providers

- **Benton Street Counseling**
  1030 Kingshighway Suite A, Rolla, MO, 65401
  573.433.2833

- **Healing Hearts Counseling**
  901 N. Pine Street #101, Rolla, MO, 65401
  573.426.2277

- **Hope Connections Counseling**
  103 W 10th Street, Rolla, MO, 65401
  833.338.4673

- **Compass Health**
  Provides behavioral health, substance use, and general health services. Learn more at compasshealthnetwork.org.
  1450 E. 10th Street, Rolla, MO 65401
  864.853.8937

- **Phelps Health Behavioral Health Services**
  Provides help with emotional, psychiatric, psychological or behavioral problems. Learn more at phelpshealth.org/conditions-treatments/behavioral-health.

- **Southwest Missouri Behavioral Health**
  Provides help with dependencies, emotional concerns, psychiatric disorders, and more. Learn more at semobh.org.

- **Russell House**
  Provides services to support victims of domestic and sexual violence. They provide free professional counseling and support groups. Learn more at russellhousemo.org.
  200 N. Main Street, Rolla, MO, 65401
  573.458.6265

Psychology Today
Finding a mental health provider can be daunting. Psychology Today allows you to find mental health professionals by filtering insurance, location, and concerns. Learn more at psychologytoday.com.

Crisis and After Hours Services

Possible Signs of a Mental Health Crisis
When someone does one of the following:
- Tells you they plan to end their life or talks about suicide threats
- Cannot guarantee their own safety
- Is at risk of suicide and under the influence of alcohol or drugs
- Is at risk of suicide and emotionally distraught, very depressed, angry, or anxious
- Is at risk of suicide and has access to means (pills, gun, etc.)
- Begins putting affairs in order (giving away possessions, etc.)
- Talks about the future without them in it (‘I won’t be here by then’)
- Has dramatic mood changes, including suddenly seeming to get better for no reason

Dealing with a Mental Health Crisis
- Remain calm, act quickly, and listen without judgement
- DO NOT leave the person alone if you think their life is in danger
- Trust your instincts that the person may be in trouble
- Get help if you don’t know what to do
- DO NOT PROMISE SECRECY - there is no confidentiality in life-threatening situations

All services below are available 24/7. In an emergency, call 911 first.

Compass Health Crisis Center Line
Hotline staffed by mental health professionals who can respond to a crisis and determine next steps. Call 888.237.4567 to access. You can also call the Behavioral Health Crisis Center Line at 833.356.2427.

Crisis Text Line
Global organization providing free crisis intervention via SMS message. Text HOME to 741741 to access.

National Suicide Prevention Lifeline
US-based suicide prevention network that provides a toll-free hotline available to anyone in suicidal crisis or emotional distress. Call or text 988 to access.

Crisis and After Hours Services

University Police Department
Supports the campus community in fulfilling its commitment to teaching, research, and service by providing a safe and secure environment for students, faculty, staff, and visitors in partnership with all members of the campus community. Call 573.341.4300 or visit police.mst.edu.

Campus and Community Resources

My Total Rewards
Learn about and find contact information for benefits, compensation, and retirement. Learn more at umsystem.edu/totalrewards.

United Healthcare
Medical insurance for eligible S&T faculty and staff. Learn more at myuhc.com or umsystem.edu/totalrewards/benefits.

Four Rivers Community Health Center
Provides access to high quality, compassionate, patient-centered healthcare to everyone. Learn more at fourrivers.org.

Health and Well-Being Campus Committee
Formed in partnership with JED Campus, this committee aims to enhance emotional health, substance use prevention, suicide prevention, and mental health safety nets on campus. To learn more or request to join, email Student Well-Being (wellbeing@mst.edu).

Prevention Coalition
Network of campus and community partners who work to encourage positive choices and reduce the impact of high-risk behavior associated with alcohol and other drugs. To learn more or request to join, email Student Well-Being (wellbeing@mst.edu).

STEP UP! Committee
STEP UP! helps campus members recognize problematic events and increases their motivation, skills, and confidence when responding to those events. Learn more or request to join at stepup.mst.edu.

Health and Well-Being Presentations
Student Well-Being offers presentations for faculty and staff departments, committees and groups in a large variety of topics. Learn more at wellbeing.mst.edu/presentations.

Staff Success Center
The S&T Staff Success Center is dedicated to empowering and educating staff to continue to grow personally and professionally. Learn more at staffcouncil.mst.edu/staffsuccesscenter.

Faculty and Staff Champions
Faculty Champions and Staff Champions are faculty and staff members trained to support their own well-being and the well-being of fellow employees and the students they interact with. Learn more at wellbeing.mst.edu/resources/get-involved.