# Well-Being Quick Reference Guide

## Academic Concerns
- Change in quality of work
- Excessive Absence
- Missing Student
- Career or Major Concern
- Academic Accommodations

### Academic
- **Advisor**: Academic Advisor
- **Learning Center**: LEAD Tutoring: lead.mst.edu
- **Learning Center**: Math Learning Center: math.mst.edu
- **Learning Center**: Writing Center: writingcenter.mst.edu
- **Career/Advising**: COER: career.mst.edu
- **Information**: S&T Connect: sandconnect.mst.edu
- **Concern**: Report Student of Concern: ucare.mst.edu

## Concerning Behavior Concerns
- Disruptive Behavior
- Disturbing Written Content
- Poor Hygiene
- Alcohol/Substance Misuse
- Serious Change in Appearance
- Threatening Behavior

### Concerning Behavior
- **Counseling**: Counseling: Student Well-Being: wellbeing.mst.edu
- **Screening**: Screenings for Mental Well-Being
- **Body Image**: Body Image
- **Substance Misuse**: Alcohol/Drug Misuse
- **Prevention**: Suicide Prevention Training: ask.listencounsel.org/mst
- **Concern**: Report Student of Concern: ucare.mst.edu

## Medical Concerns
- Injury
- Illness
- Problem with Medication
- Medical Condition
- Misuse of Medication

### Medical
- **Health**: Student Health: studenthealth.mst.edu
- **Care Management**: caremanagement.mst.edu
- **Consulting**: Case Coordination for medical needs
- **Services**: Student Disability Services: disability.mst.edu
- **Wellness**: Student Well-Being: wellbeing.mst.edu
- **Consulting**: General Wellness Consultations

## Mental Well-Being Concerns
- Anxiety
- Depression
- Disordered Eating
- Emotional Distress
- Self-Injury
- Alcohol/Substance Misuse
- Victim of Violence or Harm
- Suicidal Ideation
- Suicidal Behavior

### Mental Well-Being
- **Counseling**: Counseling: Student Well-Being: wellbeing.mst.edu
- **Wellness**: Suicide Prevention
- **Screening**: Mental Health Screenings
- StressLess Room
- **Support**: Self Help Library
- **Group**: Group/Individual Counseling Sessions
- **Wellness**: Student Well-Being: wellbeing.mst.edu
- **Health**: Miner OASIS
- **Wellness**: Wellness Trainings
- **Initiatives**: Student Diversity Initiatives (SDI): sdi.mst.edu
- **Concern**: Report Student of Concern: ucare.mst.edu

## Personal Concerns
- Isolation or Loneliness
- Relationship
- Depression
- Disordered Eating
- Emotional Distress
- Self-Injury
- Alcohol/Substance Misuse

### Personal
- **Involvement**: Getting Involved: involvement.mst.edu
- **Clubs**: Student Clubs and Organizations
- **Sorority/Athletics**: Fraternity and Sorority Life
- **Volunteerism**: Volunteerism and Civic Engagement
- **Involvement**: Peer Involvement Advisors (PIAs)
- **Support**: Miner Support Network: wellbeing.mst.edu
- **Management**: Care Management: caremanagement.mst.edu
- **Advising**: Career Advising: COER: career.mst.edu
- **Initiatives**: Student Diversity Initiatives (SDI): sdi.mst.edu
- **Assistance**: Student Financial Assistance: sfa.mst.edu

## Resources

<table>
<thead>
<tr>
<th>Mild Distress</th>
<th>Moderate Distress</th>
<th>Extreme Distress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Advisor</td>
<td>Academic Advisor</td>
<td>Call 911</td>
</tr>
<tr>
<td>LEAD Tutoring: lead.mst.edu</td>
<td>Counseling: Student Well-Being: wellbeing.mst.edu</td>
<td>Report Student of Concern: ucare.mst.edu</td>
</tr>
<tr>
<td>Math Learning Center: math.mst.edu</td>
<td>Coaching/Tutoring: Student Success</td>
<td>Counseling: Student Well-Being: wellbeing.mst.edu</td>
</tr>
<tr>
<td>Writing Center: writingcenter.mst.edu</td>
<td>caremanagement.mst.edu</td>
<td>Care Management: caremanagement.mst.edu</td>
</tr>
<tr>
<td>Career/Advising: COER: career.mst.edu</td>
<td>Care Management: caremanagement.mst.edu</td>
<td>S&amp;T Connect: sandconnect.mst.edu</td>
</tr>
<tr>
<td>Student Diversity Initiatives (SDI): sdi.mst.edu</td>
<td>S&amp;T Connect: sandconnect.mst.edu</td>
<td>Test &amp; Placement Services: testcenter.mst.edu</td>
</tr>
<tr>
<td>Food Pantry: Food Pantry</td>
<td>Resource Library: Resource Library</td>
<td>Disability Services: disability.mst.edu</td>
</tr>
<tr>
<td>LGBTIQ+ Resource Center: LGBTIQ+ Resource Center</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Visit wellbeing.mst.edu/resources/well-being-quick-reference-guide for an interactive version of this handout.