MINERS CARE COMMITTEE

Mental Well-Being Quick Reference Guide

RESOURCES

Mild Distress

Academic Advisor
LEAD: lead.mst.edu
Math Learning Center: math.mst.edu
Writing Center: wac@mst.edu
Career/Major Advice:
• Counseling, 573-341-4211
• COER, career@mst.edu
Report Student of Concern: ucare.mst.edu

CONCERNING BEHAVIOR

Disruptive
Disturbing Written Content
Poor Hygiene
Alcohol/Substance Misuse
Significant Change in Appearance
Threatening Behavior
Suicidal

Call 911
Report Student of Concern: ucare.mst.edu
Counseling Services: 573-341-4211
Care Management Services: 573-341-4209

Mental Well-Being Continuum

Visit counseling.mst.edu/redfolder for more detailed information.
Learn more about the committee at minerwellness.mst.edu/miners-care.

Visit minerwellness.mst.edu/well-being-referral-guide for an interactive/digital version of this handout.