

RESOURCES

Student Well-Being

> 573-341-4211, wellbeing@mst.edu

Student Health Services

> 573-341-4284, mstshs@mst.edu, or
studenthealth.mst.edu

Local AA, NA, CA meetings

> macro.missouri.edu/students.html

Local Al Anon meetings

> missouri-al-anon.org/meetingsa.html

MO Network

> monetwork.org

STUDENT WELL-BEING STAFF

To learn more about our staff,
scan this QR code:



wellbeing.mst.edu/more/about-us

Student Well-being

204 Norwood Hall
320 West 12th Street
Rolla, MO 65409

573-341-4211 | wellbeing@mst.edu



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A support group for Missouri S&T students

who want to explore their own
behaviors and ideas for change
to avoid future consequences
related to drugs and alcohol in
a safe setting.



Student Well-Being



College Behavior Profile (CBP)

The CBP is a quick and confidential way to get personalized feedback on your alcohol and marijuana/cannabis use. The CBP is provided by Missouri Partners in Prevention and was created with input from and designed by college students. When you are finished, you will immediately receive your feedback. cbp.mst.edu

If you have questions about your results, set up a consultation with a Wellness Coordinator at wellbeing@mst.edu

Consultations

BASICS (Brief Alcohol Screening Intervention for College Students): A structured program for any student who seeks to develop alcohol safety skills and to become more knowledgeable about reducing harmful consumption and negative consequences associated with high-risk alcohol consumption.

iCHAMP (Individualized College Health for Alcohol and Marijuana Project): A program designed for any student who seeks to reduce risky behaviors and harmful consequences of cannabis using a harm-reduction approach.

SUIP (Substance Use Intervention Program): A program designed for any student who seeks to reduce risky behaviors and harmful consequences of substance use using a harm-reduction approach.

Nicotine Cessation Coaching and NRT (Nicotine Replacement Therapy): Provides one-on-one nicotine cessation coaching, a personalized quit plan, and over the counter NRT in the form of lozenges, patches, and gum, free of charge.

To schedule any of the consultations listed above please contact Student Well-Being at wellbeing@mst.edu

4 MINERS RECOVERY

Providing support, awareness, and healing to help lead a balanced life.

- > Increase self-awareness
- > Increase your understanding of responsibilities
- > Examine your relationship with others
- > Share and receive feedback from others in similar circumstances

Meetings are held weekly

in 204 Norwood Hall. Email us at wellbeing@mst.edu for current meeting day and time.

