



04 Dec 2019

## S&T After-Hours Mental Health Resources

Missouri University of Science and Technology. Counseling Services

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### Recommended Citation

Missouri University of Science and Technology. Counseling Services, "S&T After-Hours Mental Health Resources" (2019). *General Resources*. 4.  
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## S&T After-Hours Mental Health Resources

Counseling Services does not provide after-hours counseling to S&T community members. The following resources are available for support outside Counseling Services' operation hours.

- **911 or S&T Campus Police** (573-341-4300) if immediate danger to life of self or others. S&T Police will consult with Counseling Services or connect individuals to resources below.
- **Crisis Text Line** - Text HOME to 741-741
  - Crisis Text Line is a global not-for-profit organization providing free crisis intervention via SMS message. The organization's services are available 24 hours a day every day, throughout the US by texting 741741
- **National Suicide Prevention Lifeline** - 800-273-8255
  - The National Suicide Prevention Lifeline is a United States-based suicide prevention network of 161 crisis centers that provides a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress
- **Compass Health Hotline** - 800-833-3915
  - Staffed by mental health professionals who can respond to your crisis 24 hours per day and 7 days per week. They will talk with you about your crisis and help you determine what further help is needed, for example, a telephone conversation to provide understanding and support, a face-to-face intervention, an appointment the next day with a mental health professional, or perhaps an alternative service that best meets your needs. They may give you other resources or services within your community to provide you with ongoing care following your crisis. All calls are strictly confidential.
- **Phelps Heath** - 573-458-8899, Emergency Department at 1000 W 10<sup>th</sup> St.
- **Sanvello** – a mobile- and web-based application clinically validated to relieve mental health symptoms and promote healthy behaviors. Free download with mst.edu email address at the App Store, Google Play, or Sanvello webpage <https://www.sanvello.com>
- **S&T Miners Care Quick Referral Guide** is available at <https://minerwellness.mst.edu/well-being-referral-guide/>

S&T students, faculty, and staff are encouraged to initiate services during Counseling Services' daily Walk-In times (10:00 a.m. – noon and 2:00 – 4:00 p.m. Monday – Friday) in 204 Norwood Hall or call 573.341.4211 to arrange follow-up appointments. Information and resources at [counseling.mst.edu](http://counseling.mst.edu).