

Your Individual Well-Being



Mizzou cares about you.

We know that students thrive when they are connected to and engaged with campus, have strong healthy relationships, and enjoy their field of study. We recognize that overall physical and mental health are vital to student success.

Our centers provide a range of programs to help students care for their mental and physical selves, build strong connections, and identify academic and career goals. We understand that financial stress can impact students' personal and academic well-being and work to connect students

with resources that can help navigate these challenges. Through our clinical and educational programs and services, we work with students to develop skills and habits for maintaining overall health and well-being. When challenges arise, our medical and mental health professionals are here to assist students in finding appropriate treatment options to best meet their needs.

We offer programs that help students have more balance, develop new ways of living to address a lack of well-being in a particular area of life. or to continue to grow toward a greater sense of overall well-being.

Peer Network



Are you interested in improving the health and well-being of your fellow students?

Become a part of our community by joining a group of like-minded individuals as a peer health educator. Receive training on health promotion, prevention, public speaking, and group facilitation skills as they relate to behaviors of college students.

Learn more about us!

For information about being a peer educator visit us at wellbeing.missouri.edu



University of Missouri

Learn more at wellbeing.missouri.edu

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Student Health and Well-Being



Learn more at wellbeing.missouri.edu

We strive to provide excellent counseling and medical services within our scope of care.

Services covered by your student fees

- Annual flu shot
- Immunization management
- Some STI screenings
- Mental health crisis and consultation services
- Mental health evaluation, group therapy, brief therapy
- Students who want or need services outside of our scope of care will be referred to appropriate community resources

Services not covered by student fees

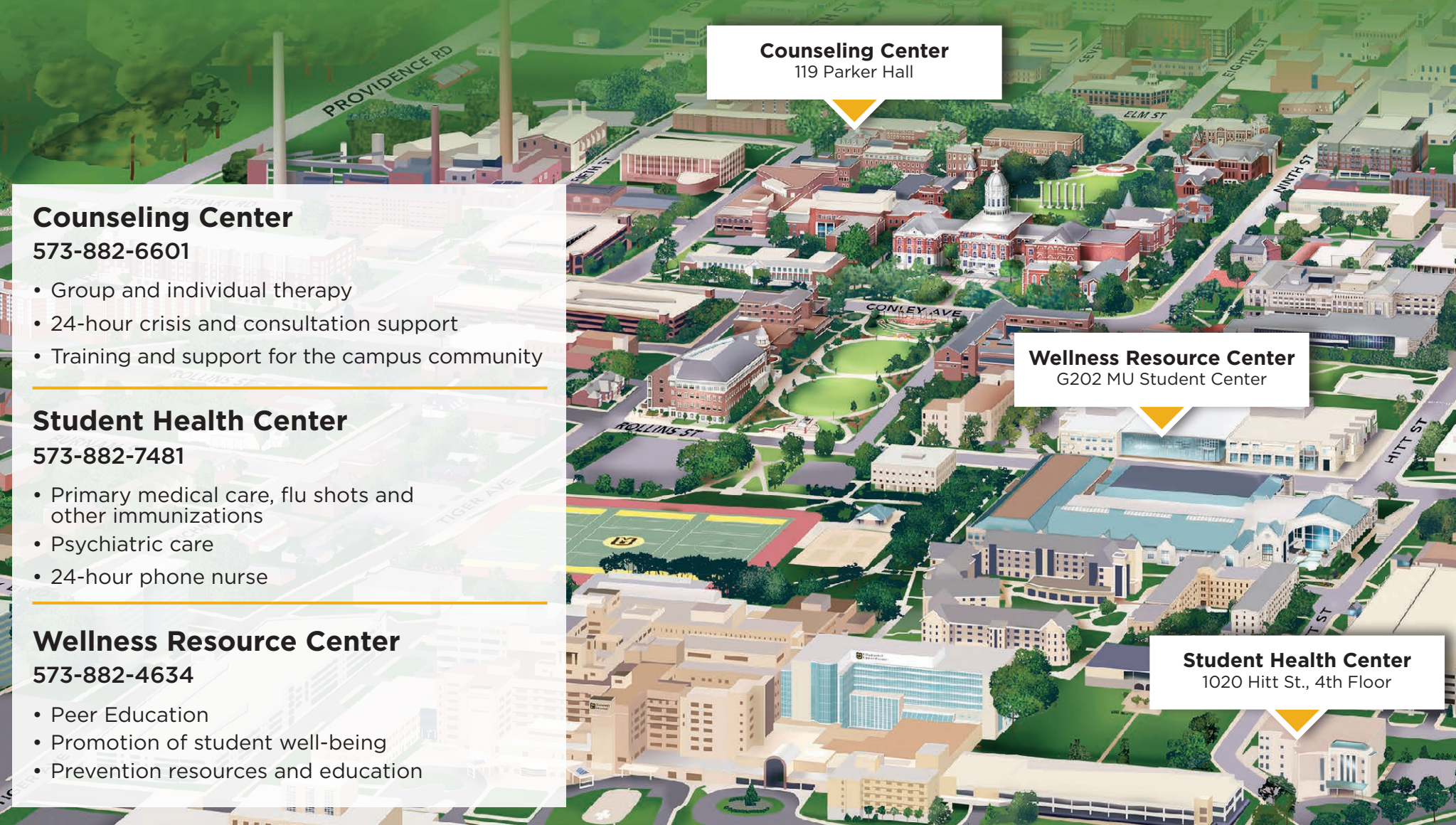
- Medical visits
- Procedures
- Immunizations (other than flu shot)
- Labs and x-rays

Health Fee and Insurance

- The health fee is not health insurance
- The health fee is included on the semester bill for students taking seven or more credit hours
- Students with health insurance should check with their insurance company regarding benefits in the Columbia area
- The ability to pay should not be a barrier to medical care at Mizzou; uninsured students will receive needed care and financial guidance

Health and Well-Being Resources

The University of Missouri is committed to supporting student health and well-being in a network of care that includes the Counseling Center, Student Health Center, Wellness Resource Center and community providers. If you need counseling or health care, we work together to help find the best approach to treatment based on your needs.



Counseling Center

573-882-6601

- Group and individual therapy
- 24-hour crisis and consultation support
- Training and support for the campus community

Student Health Center

573-882-7481

- Primary medical care, flu shots and other immunizations
- Psychiatric care
- 24-hour phone nurse

Wellness Resource Center

573-882-4634

- Peer Education
- Promotion of student well-being
- Prevention resources and education

Visit wellbeing.missouri.edu to learn more!