

## SYLLABUS STATEMENTS

*Following are a selection of syllabus statements used to support students' mental health needs. This list was compiled from contributions submitted through the Association of University and College Counseling Center Directors (AUCCCD) listserv.*

### #1

As a student you may experience a range of issues that can cause barriers to learning. These might include strained relationships, anxiety, high levels of stress, alcohol/drug problems, feeling down, or loss of motivation. University Health Services is here to help with these or other issues you may experience. You can learn about the free, confidential mental health services available on campus by calling 608-265-5600 or visiting [uhs.wisc.edu](http://uhs.wisc.edu). Help is always available.”

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### #2

#### Wellness Services

TCC Wellness Services offers health education programming, short-term counseling and connection to community agencies for students needing longer term or specialized resources. Students also have free, 24/7 access to the Student Assistance Program to assist with problem assessment, crisis assistance and referrals by calling 1-800-327-2251. For more information regarding our events and confidential services, please visit [www.tulsacc.edu/Wellness](http://www.tulsacc.edu/Wellness) or call 918-595-7569.

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### #3a & 3b

Student Counseling Services offers students of all backgrounds, races, religious beliefs, sexual orientations, gender identities, abilities, ethnicities, and cultures a safe place to discuss and resolve issues that interfere with personal and academic goals. Student Counseling Services recognizes and honors the complex intersectionality of all aspects of a person's identity and presenting concerns. All enrolled UAB students are eligible for counseling. Students can schedule an appointment by phone, (205) 934-5816, or in-person at the Student Counseling Services office at 1714 9th Avenue South, 3<sup>rd</sup> Floor LRC, in the Student Health and Wellness Center.

We all experience stressful and difficult events as a normal part of life. As your instructor, I am not qualified to serve as a counselor, but UAB offers counseling services on-campus that are available to you at no cost. All counseling services provided are completely confidential and in no way connected to your academic record. I strongly encourage you to take advantage of this valuable resource.

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### #4

Counseling and Psychological Services (CAPS) can help students who are having difficulties managing stress, adjusting to college, or feeling sad and hopeless. You can reach CAPS ([www.uh.edu/caps](http://www.uh.edu/caps)) by calling 713-743-5454 during and after business hours for routine appointments or if you or someone you know is in crisis. No appointment is necessary for the “Let's Talk” program, a drop-in consultation service at convenient locations and hours around campus. ([http://www.uh.edu/caps/outreach/lets\\_talk.html](http://www.uh.edu/caps/outreach/lets_talk.html))”

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#5

Diminished mental health can interfere with optimal academic performance. The source of symptoms might be related to your course work; if so, please speak with me. However, problems with other parts of your life can also contribute to decreased academic performance. The University Counseling Center (UCC) provides cost-free and confidential mental health services to help you manage personal challenges that threaten your emotional or academic well-being.

Remember, getting help is a smart and courageous thing to do -- for yourself and for those who care about you. For more resources please see [ucc.nd.edu](http://ucc.nd.edu)

The UCC is located on the third floor of Saint Liam Hall Phone: 574-631-7336. Hours: Monday-Friday 8:30am - 5:00pm. Urgent Crisis Line 24/7

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#6

Iowa State University is committed to facilitating the proactive wellbeing of all students. We welcome and encourage students to contact the following on-campus services for assistance regarding their physical, intellectual, occupational, spiritual, environmental, financial, social, and/or emotional needs:

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|--|------------------------------------|
| ▪ <u>Student Wellness</u>              | 515-294-1099                       |
| ▪ <u>Thielen Student Health Center</u> | 515-294-5801 (24/7 Medical Advice) |
| ▪ <u>Student Counseling Services</u>   | 515-294-5056                       |
| ▪ <u>Recreation Services</u>           | 515-294-4980                       |

Students dealing with heightened feelings of sadness or hopelessness, thoughts of harm or suicide, or increased anxiety may also utilize the ISU Crisis Text Line (Text ISU to 741-741) or contact the ISU Police Department, 515-294-4428

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#7

Student Mental Health and Wellbeing:

Purdue University Northwest is committed to supporting and advancing the mental health and well-being of our PNW students. During the course of their academic careers, students often experience life personal challenges that contribute to barriers in learning, such as drug/alcohol problems, strained relationships, chronic worrying, persistent sadness or loss of interest in enjoyable activities, family conflict, grief and loss, domestic violence, difficulty concentrating, problems with organization, procrastination and/or lack of motivation. Students also sometimes come to college with a history of learning difficulties (e.g., any form of special education), experience difficulties succeeding in a particular subject (e.g., math, reading), or have experienced some form of trauma be it emotional or physical (e.g., head injury).

These mental health concerns can lead to diminished academic performance and can interfere with daily life activities. If you or someone you know has a history of mental health concerns or if you are unsure and would like a consultation, a variety of confidential services are available. The Counseling Center is located in Gyte 05 in Hammond and TECH 101 in Westville. You can also reach us at (219) 989-2366 or at <https://www.pnw.edu/counseling/>. National Suicide Prevention Hotline at 1--800--273--TALK or at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org).

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#8

**Counseling Resources:**

As a college student, there may be times when personal stressors interfere with your academic performance and/or negatively impact your daily life. If you or someone you know is experiencing mental health challenges at Caldwell University, please contact Counseling Services located within the Wellness Center on the 2<sup>nd</sup> floor of the Newman Center or call 973-618-3307. Their services are free and confidential.

**In a crisis situation, contact Campus Safety and Security at 973-618-3289 or the Police at 911. The New Jersey Hopeline also offers a 24-hour hotline at 855-654-6735.**

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#9

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. The Ohio State University offers services to assist you with addressing these and other concerns you may be experiencing. If you or someone you know are suffering from any of the aforementioned conditions, you can learn more about the broad range of confidential mental health services available on campus via the **Office of Student Life's Counseling and Consultation Service (CCS)** by visiting [ccs.osu.edu](https://ccs.osu.edu) or calling **614-292-5766**. CCS is located on the 4th Floor of the Younkin Success Center and 10th Floor of Lincoln Tower. You can reach an on call counselor when CCS is closed at **614-292-5766** and 24 hour emergency help is also available through the 24/7 National Suicide Prevention Hotline at 1-800-273-TALK or at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org).

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#10a, 10b, & 10c

1. FGCU has free personal counseling services available to students in need of brief therapy or short-term therapeutic support. To get started, walk into Counseling and Psychological Services (CAPS) on the second floor of Howard Hall between the hours of 8:30 and 3:30 Monday – Friday. When you walk in, you will be asked to provide contact information and can then schedule an initial contact appointment (usually the same day or within the next day or two). During the initial contact session a counselor can offer you therapeutic support and/or help determine the appropriate services for longer-term therapy. You can also access our 24/7 help line at (239) 745-3277 (EARS). Please visit our webpage for more information: [www.fgcu.edu/caps](http://www.fgcu.edu/caps)
  2. Counseling and Psychological Services (CAPS) provides free counseling and therapy services (including psychiatry) to all FGCU students. Please walk in to the second floor Howard Hall office any week day between 8:30 and 3:30 to schedule an initial contact appointment. Visit the CAPS website at [www.fgcu.edu/caps](http://www.fgcu.edu/caps) for more information. CAPS offers a 24/7 Helpline at (239) 745-3277 (EARS).
  3. Visit Counseling and Psychological Services (CAPS) on the second floor of Howard Hall for free counseling and therapy services. Walk in between 8:30 and 3:30 any weekday to schedule an initial contact session. Visit CAPS Website: [www.fgcu.edu/caps](http://www.fgcu.edu/caps).
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#11

Ours simply says, "Counseling is free and confidential at MECA. To schedule an appointment...."

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#12

Life at college can get complicated. If you're feeling stressed, overwhelmed, lost, anxious, depressed or are struggling with personal issues, do not hesitate to call or visit [Student Counseling Services](#) (SCS). These services are free and completely confidential. SCS is located at 320 Student Services Building, 309-438-3655.