



A simple way to support students who are struggling with mental health issues is to include a brief statement in course syllabi. By including a statement such as the example below, you can promote help-seeking behaviors, support campus-wide suicide prevention efforts, and demonstrate a culture of caring. Additionally, this statement can provide a reminder to student that resources do exists and are available to help support them.

Sample Syllabus Statement:

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, and/or loss of motivation. It is important to be aware that services exist on campus to support students who find themselves in these situations. There are several avenues for support, including: University Health Services and the Dean of Students Office. You can learn more about free, confidential mental health services at UHS by calling 608-265-5600 Opt. 2 or visiting uhs.wisc.edu. Drop-in staff are available daily at the Dean of Students Office to support students and answer questions. To learn more about the Dean of Students Office, please call 608-263-5700 or visit doso.students.wisc.edu.