Sample Syllabus Statement

As your instructor, I recognize that your mental health is a key part of your academic success. Please feel free to reach out to me about any difficulties that may impact your performance in this course as soon as they occur and before they become unmanageable. I also strongly encourage the use of resources such as:

* Personal Counseling Services (PCS): PCS offers free & confidential mental health counseling. Urgent care appointments are also available any time during regular business hours for students experiencing a mental health emergency. Stop by Dominican 122 or call 608-663-4148 to schedule. [www.edgewood.edu/wellness/counseling](http://www.edgewood.edu/wellness/counseling)
* Stress & Depression Questionnaire: This resource from PCS allows students to anonymously complete a questionnaire about their mental health and receive prompt, individualized feedback from a counselor. Students can even message back and forth with a counselor, without the counselor knowing who they are. [https://edgewood.caresforyou.org/](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fedgewood.caresforyou.org%2F&data=02%7C01%7CMCobbSheehan%40edgewood.edu%7C58d021fc23274bba18b508d84519fd80%7C482866d278644e09966cd7ba598f6184%7C0%7C0%7C637335325208014390&sdata=JcHKCLIbdM0YgAD5lsAbZlxvPs3vSAHGWeJHcZbOzJo%3D&reserved=0)
* 988: This resource is for individuals who are experiencing thoughts of suicide or hurting themselves, or are feeling intensely down or anxious and are having difficulty coping. Call or text 988 to talk with a local counselor.