

Supporting Students' Mental Health, a Two-Part Series

Part II: Talking with Students About Mental Health in Class

"I noticed that you haven't been in class/have missed several assignments and I wanted to check in with you. Your wellbeing is important to me so what would you find helpful as the first step?"

"From your statement it sounds like you have a lot going on right now. I'm concerned for you. It isn't always easy to ask for help when we're struggling, but if we were physically sick, we would go to the doctor. Our mental health needs the same care, and the Counseling Center is a great resource. It is there for all students, and it might be worth a try. It is entirely confidential and may help you."

