

Syllabus Statement: Supporting Mental Wellbeing at UM

Including a statement on mental health in your course syllabus is a simple yet impactful way to support student well-being and promote help-seeking behaviors. It also reinforces that instructors care about their students' overall health and success. Below is an example of how you can address mental health concerns. Feel free to adapt it to suit your needs:

Healthy Campus-At UM we are dedicated to creating a campus environment that promotes wellbeing, connection, and a sense of belonging for everyone.

Supporting Your Wellbeing

Life can be challenging, and prioritizing your well-being isn't always easy when time feels limited. Whether you're balancing academics, relationships, work, or personal growth, caring for your mental, emotional, and physical health is essential. Support is always available, and our campus community is here to help—whether you have five minutes or an hour. Together, let's build a culture where seeking balance, asking for help, and supporting one another are part of everyday life

College life can be challenging, and students often face issues that may affect academic performance, such as academic stress, sleep difficulties, managing responsibilities, personal life events, relationship concerns, or feelings of anxiety, hopelessness, or depression. If you or someone you know is struggling, support is available:

- **Course Support:** If you're having difficulty with this class, please reach out. Visit me during office hours or email me at [insert email address].
- **Academic Guidance:** If you're struggling in multiple classes or unsure about your academic path, consider meeting with your academic advisor for support and planning.
- **Counseling Services:** Curry Health Center Counseling provides confidential, professional support for a variety of mental health needs. To schedule an appointment, call 406-243-4712 or use the Curry Health Portal at umt.medicatconnect.com.
- **Accommodations:** For assistance with accommodation, contact the Office of Disability Equity (ODE) at 406-243-2243.
- **Wellbeing Support:** Curry Health Center Wellbeing provides a range of resources to help you maintain and improve your overall wellbeing.
 - **Wellbeing Coaching:** Schedule an appointment with a Wellbeing Coach for personalized support with managing stress, improving time management, and boosting productivity. Connect with a coach [here](#).

- **Relaxation Station:** Need a space to relax and recharge? Book a session at our Relaxation Station here. [The Relaxation Station | University of Montana](#)
- **Advocacy and Support:** The Student Advocacy Resource Center (SARC) offers free, confidential assistance for students who have experienced identity-based harm, including dating/domestic violence, sexual assault, stalking, harassment, discrimination, or bias. Call 406-243-4429 or schedule an appointment online.
- **Immediate Crisis Support:**
 - Call 988 for the Suicide and Crisis Lifeline.
 - Visit the nearest hospital emergency room.
 - Contact Campus Safety at 406-243-4000.

Additional Resources

- **24/7 Suicide and Crisis Lifeline:** Dial 988
- **Montana Community Resource Line:** Text 211 or visit [Montana211.org](#)
- **The StrongHearts Native Helpline:** Call (844) 762-8483
- **National Crisis Text Line:** Text "HOME" to 741741
- **Students of Color:** Text "STEVE" to 741741
- **LGBTQIA2S+ Support:**
 - Text "START" to 678678
 - Call the 24/7 Trevor Lifeline at (866) 488-7386 or visit [The Trevor Project](#)