

## Examples of Mental Health Statements for Class Syllabi

Faculty, instructors, and teaching assistants all play a critical role in the well-being of students that extends beyond the classroom. The staff at Counseling and Psychological Services (CPS) recognizes instructor's potential to influence student's attitudes about mental health and help-seeking. As such, we encourage you to include information and resources about mental health in your class syllabi (see below for some examples). As always, thank you for your ongoing support and care of our students.

With Respect and Gratitude,

The Staff at CPS

*Students who are experiencing personal difficulties or mental health distress are encouraged to seek free and confidential assistance at Counseling & Psychological Services (CPS). For more information about CPS, please visit their website at [www.fordham.edu/counseling](http://www.fordham.edu/counseling). To find out how to make an appointment, please go [here](#).*

*During the semester, if you are experiencing personal difficulties that are interfering with your day to day functioning, please consider seeking free and confidential support at Counseling & Psychological Services (CPS). For more information about CPS, please visit their website at [www.fordham.edu/counseling](http://www.fordham.edu/counseling). . To find out how to make an appointment, please go [here](#).*

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*We all experience emotional distress and personal difficulties as a normal part of life. As your instructor, I am not qualified to serve as your counselor. However, Fordham's office for Counseling and Psychological Services (CPS) provides free and confidential mental health services that are not connected to your academic record in any way. If you are experiencing mental health distress, I strongly encourage you to take advantage of CPS' services. For more information about CPS, please visit their website at [www.fordham.edu/counseling](http://www.fordham.edu/counseling). To find out how to make an appointment, please go [here](#).*