

The Provost's Committee on Student Mental Health has developed the following statement for University of Minnesota faculty to include in their course syllabus. The purpose of this statement is to highlight the University of Minnesota's commitment to student mental health and stress management and to connect students with appropriate campus resources.

University of Minnesota, Mental Health and Stress Management Services Syllabus Statement

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. University of Minnesota services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about the broad range of confidential mental health services available on campus via the Student Mental Health Website at <http://www.mentalhealth.umn.edu>.