

Mental Wellbeing Resource Information

Following up on the discussion on November 14, below are revisions and comments from Bonnie Hemrick.

Note: Regarding the next two paragraphs, yellow-shaded text indicates added verbiage and strike-through text indicates deletions.

University students often encounter setbacks from time to time that can impact academic performance. If you or a fellow classmate encounter difficulties and need assistance, it's important to reach out. ~~Discuss your~~ Consider discussing the situation with your instructor or an academic advisor. Learn about how you can plan for ~~academic and personal~~ success at: <http://success.oregonstate.edu/> or <http://experience.oregonstate.edu/well-being>.

For help addressing mental or physical health concerns, including seeing an OSU counselor or doctor, visit ~~these websites to explore on-campus options:~~ <http://counseling.oregonstate.edu> or <http://studenthealth.oregonstate.edu/>. For those who may need or prefer immediate or off-campus mental health support, text OREGON to 741-741 or call the Suicide Prevention Lifeline at 1-800-273-8255.

Below are additional concerns articulated from the Graduate Student Advisory Council that we were not able to address in the syllabus statement, with our responses noted:

- Service availability. Can they get instant help? Will they be waiting for days/weeks?
***Service availability varies, so this question would be difficult to broadly address in a syllabus statement. It is also difficult to succinctly address given that all services are not currently available to all students, such as out-of-state e-campus students.**
- Reasons you would go (to relax, psychological counseling, group therapy, mind spa, etc.)
***Including this type of information would increase the length of the syllabus statement, making it more difficult to ask for inclusion in all syllabi. We attempted to cultivate a statement including only the most prioritized information to keep it as short as possible to honor the need for as short of syllabi as possible.**
- What types of services are offered (formal and informal, hotline, live chat, etc.)
***CAPS and Student Health Services offer a wide variety of options that are further articulated through the websites included in the syllabus statement. These offerings may change over time and we want to be sure the syllabus statement remains correct and current at all times.**

Also, students need to know:

- *That services are confidential, in that they do not have to go to their instructor or advisor to access them.*
***We have attempted to create softer, less directive language around discussing the situation with their advisor as well as off-campus options to satisfy this concern.**
- *That services generally do not result in out-of-pocket expenses; they're covered by student fees you're already paying and not your insurance.*
***Unfortunately, there are instances in which students may encounter out-of-pocket expenses, so this information is articulated through the websites included in the syllabus statement, but would be difficult to address succinctly.**

One concern was universally voiced, not about the language, but about logistics. Does CAPS have the personnel to support increased student usage? Already, wait times for services prohibit student use of CAPS.

***CAPS will always prioritize students who are at risk of harm to self or others. While there may be wait times for students who are not currently at-risk, we want to be sure that students who are at high risk are always able to receive the help they need.**