



Oregon State
University

Wellness Agents
Oregon State University
Corvallis, Oregon 97331

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4/12/2019

Members of the Faculty Senate,

The Wellness Agents, a peer leadership team at Oregon State University work hard to support student success through promoting health and wellbeing. Wellness Agents work with a variety of health related topics, one of them being mental health. There is a strong correlation between students' academic success and mental wellness; without a clear mind a student cannot perform to the best of their ability. Providing mental health information in campus syllabi will help provide support and resources for students struggling with mental health issues.

According to OSU's most recent National College Health Assessment data, 22.5% of students reported that depression negatively impacts their academic performance and 28.1% reported that anxiety stopped them from performing to the best of their ability. Likewise, 56% of students reported feeling hopeless in the last year, which can often lead to severe depression or dangerous behaviors. Mental health issues and disorders are prevalent on our campus and impacts students' ability to succeed.

Counseling and Psychological Services provides a safe space for many students to ease their mind and work with trained faculty to improve their mental health. Counseling and other services are covered by student fees, but may be often overlooked due to awareness. Promoting CAPS to students via syllabi statements would help bring attention to the services and inform students about their resources and options.

Wellness Agents believe in fostering a community that allows all students to thrive. The installation of mental health awareness in syllabi is in the best interest of our community to promote student wellbeing. This gives us the opportunity to reduce mental health stigma and show our unwavering support for students' mental wellness at OSU.

Proposed Syllabus Insert:

*University students encounter setbacks from time to time that can impact academic performance. If you encounter academic difficulties and need assistance, it's important to reach out. Consider discussing the situation with your instructor or an academic advisor. Learn how you can plan for academic and personal success at: **(single link to resources landing page here)**. If you are in crisis, please call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)** or contact the **Crisis Text Line** by texting **OREGON to 741-741**.*

Sincerely,

Wellness Agents
Student Health Services
Oregon State University