

## Here are ways faculty and staff can help:

- Have mental health and crisis resources available in your office space, suite, and department.
  - [Hotlines and general mental health resources](#)
  - [Health care and health care emergencies](#)
  - [Housing and food insecurities](#)
- Review the syllabus template each year to ensure [Title IX](#), [Office of Disability Services](#), and [7C Health/Timely Care](#) are listed.
- Be mindful in the [development of your curriculum](#) and in [fostering a welcoming and inclusive environment](#).
- Develop your [skills as an advisor](#) and provide professional and supportive advice to your students.
- Engage in [professional development opportunities](#) and request a workshop to help educate on the needs of students with mental health challenges.
- Encourage [access to mental health resources](#) by referencing messages from the Dean of Students Office.
- Learn more about [access to medical and mental health services](#) through [telehealth care](#). Encourage your students to engage in counseling early and to become familiar with their health insurance policies and community providers covered by their carrier.
- Onboard [new colleagues, Graduate Assistants, Teaching Assistants, and Research Assistants](#) with the student-employee training modules.
- Routinely ask students and colleagues to check in on themselves using an anonymous Mental Health Screening available on the Monsour Counseling and Psychological Services website ([Take anonymous screening](#)).
- Encourage students to complete satisfaction surveys so that we can improve our services.
- Reference and practice use of the [Live Safe app](#).
- Mentor healthy behaviors by taking care of yourself.
- [Share a Concern](#)