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