

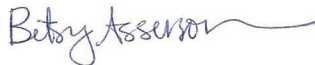
Dear MSU faculty and advisors,

This time of the semester can be stressful for students, faculty and staff. As you connect with students in advising appointments, office hours, or in class, we encourage you to actively engage with students about their overall wellness. Mid-semester is a great time to ask students how they are doing, and to encourage active self-care as things become increasingly stressful. Please consider these points when talking to students individually about their mental health or when mental health is discussed in class:

1. Encourage students to take care of themselves by reaching out to their support systems and to remind them of the [mental health and wellness campus resources](#).
2. Remind students in your classes that it's all right to ask for help. Consider passing out the attached one-page informational handout or posting it on your class Brightspace page.
3. If students need mental health support, they can utilize [Let's Talk Drop-In hours](#) across campus, contact CPS (406-994-4531) for an appointment, or [schedule online](#).

Sometimes all a student needs is someone to listen. As part of their support system here on campus, that person may be you! Please refer to the [MSU Assist](#) page for information on how to recognize signs of distress, how to navigate those conversations with students or colleagues and how to make referrals to the appropriate resources. Thank you for your continued support of our students and helping to create a culture of care here on campus!

Warm regards,



Betsy Asserson, Ph.D., Licensed Psychologist

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