

**Joyce, Jennifer**

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**From:** Joyce, Jennifer <jkjoyce@montana.edu>  
**Sent:** Thursday, January 19, 2023 5:05 PM  
**To:** 'dss@sympa.montana.edu'  
**Subject:** DSS Newsletter - 1/20

## DSS NEWSLETTER



**Division  
of Student  
Success**

**January 20, 2023**

Supporting the mental health of our students and being mindful of your own is imperative as we begin the spring semester. Please consider forwarding the message below to your staff and students or including it in your department/college newsletter. Thanks for your partnership in supporting our campus community and please don't hesitate to contact our office if you have any questions.

Tips for students:

Start the semester off on the right foot by attending to your mental health and wellness now--don't wait! Here are three things to do right now to take care of yourself:

- Take a free Mental Health Screen or sign up for YOU@MSU to take a self-assessment and create goals for the semester.
- Visit the Mental Health and Wellness Resources page on the CPS website to learn about all of the ways you can take care of yourself this semester.
- Drop in for Let's Talk consultation with a CPS clinician or attend the first BIPOC Connection Space on February 1st at 5:30pm.

Don't forget our upcoming mental health trainings!

We are hosting a Mental Health First Aid course for students on February 11th and there are multiple Question, Persuade, Refer trainings throughout the semester for staff, faculty and students.

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InsideMSU: January 27, 2023 (American Indian Hall, 166)

Topic: Office of Institutional Equity

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Email EAR if you wish to have your event or office update included in the newsletter.  
([ear@montana.edu](mailto:ear@montana.edu))

**For More Information:**

visit the Division Resources webpage:  
[montana.edu/studentssuccess/divisionresources/](http://montana.edu/studentssuccess/divisionresources/)

