**H2H Instructor Statement for Blackboard Learn/Syllabus**

**About Student Mental Wellness**

The pressures of being a college student can sometimes feel overwhelming. If you, a friend or one of your peers is feeling overwhelmed or is struggling with issues related to mental health, please know that I am here to support you.



I participate in the ***Hear to Help*** initiative, which identifies me as someone who has been trained to assist students who may be struggling with mental health-related issues, including anxiety, depression, and drug abuse.

If you, a friend or peer is experiencing issues related to mental health, please do not hesitate to reach out, I will listen to your concerns and, if appropriate, help you, a friend or a peer connect with services. You can call [**PHONE**], email or talk with me directly.

[**INSTRUCTOR NAME**]

KSU [Psychological Services](https://www.kent.edu/psych)

Self-help and other resources can be found [HERE](https://www.kent.edu/mhsu/help).

Text *4hope* to 741741 to connect with Ohio's free and anonymous crisis text line.

24-Hour Resources can be found [here](https://www.kent.edu/psych/24-hour-resources).
**For emergencies, call 911.**

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