



NORMALIZE THE NEED FOR HELP

1

Many students are afraid to ask for help or are unsure how to get help. You do not always have to be available to students, however letting them know that there are resources available is important.

- Take a moment at the beginning of class to ask students how they are doing, take a survey of the room
- Set deadlines that allow students to get enough sleep (avoid early morning and late night due dates)
- If an event has occurred on campus, in the community or world, take a few moments during class to check-in on students

- Include Mental Health resources and how to access them on your syllabi
- Speak to your class at the beginning of the semester about Mental Health and that you are there to support them
- If you feel comfortable, sharing a time that you needed help in school is an important way to destigmatize getting help for Mental Health

EMBED WELL-BEING PRACTICES IN CLASS DESIGN

2

Allowing time in class for students to express concern or to hear your support is important for building a stronger community.

- When speaking with a student validate their experiences, appreciate their courage to open up to you
- Point a student in the right direction for help: tell them about PACS, help them book an appointment if needed ((603) 862-2090, <https://www.unh.edu/pacs/>)
- Reference your quick guide for UNH resource information

LISTEN, SUPPORT, REFER

Sometimes all a student needs is someone to listen and show them compassion. Taking the time to actively listen to a student and support them can make a difference. If you feel it is needed refer the student to the proper resource.

Mental health awareness is the beginning of a culture shift that we are working towards at UNH. More than ever, students are dealing with many compounding stressors in life and need support. As a community we all need to be there to support each other, students, staff, faculty, and administration. These are just a few steps that you, as faculty, can take to support our UNH students.

“IT IS THE STRENGTH OF OUR COMMUNITY AND OUR COMMITMENT TO ONE ANOTHER THAT WILL HELP US ALL FIND SUCCESS.”

~President James Dean