

Attachment 1
Optional Syllabus Statement on Mental Health
Approved by FS Academic Affairs on February 18, 2020

Your mental health and good relationships are vital to your overall well-being. Symptoms of mental health issues may include excessive sadness or worry, thoughts of death or self-harm, inability to concentrate, lack of motivation, or substance abuse. While problems can occur anytime for anyone, you should pay extra attention to your mental health if you are feeling academic or financial stress, [discrimination](#), or have experienced a traumatic event, such as loss of a friend or family member, [sexual assault](#) or other physical or emotional abuse.

If you are struggling with these issues, do not wait to seek assistance.

- Kansas State University Counseling Services (k-state.edu/counseling/) offers free and confidential services to assist you to meet these challenges.
- Lafene Health Center (<https://www.k-state.edu/lafene>) has specialized nurse practitioners to assist with mental health.
- The Office of Student Life (k-state.edu/studentlife) can direct you to additional resources.

Language for Kansas State Polytechnic Campus:

- Kansas State Polytechnic Counseling Services (polytechnic.k-state.edu/student-life/health/counseling.html) offers free and confidential services to assist you to meet these challenges.
- The Kansas State Polytechnic Office of Student Life (polytechnic.k-state.edu/student-life/) can direct you to additional resources.