

Optional Syllabus Statement on Mental Health
Approved by FS Academic Affairs on February 18, 2020
Approved by Faculty Senate on March 17, 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. Although 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.
- K-State Family Center offers individual, couple, and family counseling services on a sliding fee scale (<https://www.hhs.k-state.edu/familycenter/>).
- Center for Advocacy, Response, and Education (CARE) provides free and confidential assistance for those in our K-State community who have been victimized by violence. (<https://www.k-state.edu/care/>).

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.