



Mental Health Statement for Syllabi

Version 1:

College students often experience issues that may interfere with academic success such as academic or work stress, sleep problems, financial concerns, relationship concerns, feelings of anxiety, hopelessness, or depression. If you or a friend is struggling, we strongly encourage you to seek support. Helpful, confidential & free resources are available on campus.

- If you are struggling with this class, please visit during office hours or contact me by email at xxxxxx@uscupstate.edu
- Check-in with your academic advisor if you are struggling in multiple classes, unsure whether you are making the most of your time at USC Upstate, or unsure what academic resources are available at USC Upstate.
 - If you do not know who your academic advisor is, you may find out via [Starfish](#).
- Access Counseling Services to schedule a first-time appointment by [scheduling a phone consult online](#) or calling 864-503-5195, Option #1.
- **Counseling Services offers remote crisis services 24/7/365. Students can call 864-503-5195 and press “2” at the prompt to speak with a crisis counselor.**
- Visit [Counseling Services](#) for additional information and resources.

Version 2:

Mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. Confidential and free services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health services available on campus via the [Counseling Services website](#) or call 864-503-5195, Option #1.