

## INTEROFFICE MEMORANDUM

Date: Mon, 23 Jan 06

TO: University of Minnesota Twin Cities Faculty and Staff

FROM: Jerry Rinehart, Vice Provost for Student Affairs

RE: Mental Health Resources for Students

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As a faculty or staff member you may come into contact with a student who suffers from depression or another mental illness. According to a recent survey, nearly half of all college students report feeling so depressed that they have trouble functioning, and 15 percent meet the criteria for clinical depression. Untreated depression can lead to suicide, which is the second leading cause of death among college students. Listed below are several University resources which you should be aware of to assist students.

Students can access mental health services at:

The Mental Health Clinic at Boynton Health Service if they have paid the Student Services Fee (<http://www.bhs.umn.edu/services/mentalhealth.htm>). The Mental Health Clinic provides phone and walk-in assessment on an urgent basis, as well as scheduled medication evaluations and management, chemical health assessment and counseling, and individual, couples, and group therapy. Additional resources for the management of stress are available through the Health Promotion Department at Boynton Health Service.

University Counseling & Consulting Services (<http://www.ucs.umn.edu/>) provides confidential counseling programs with professional counselors who can help students address academic stresses, personal and relationship concerns, or feelings of anxiety or depression. Walk in counseling is available as is consultation for faculty and staff who are concerned about a student.

Disability Services (<http://ds.umn.edu/>) provides assistance with academic accommodations for students with diagnosed, severe, and persistent mental health conditions. Consultation and problem-solving regarding disability issues is available for faculty, staff, and supervisors.

The "Assisting Students in Distress" (<http://www.ucs.umn.edu/help/>) website provides advice for faculty and staff to use when assisting students who are experiencing distress due to a variety of issues.

The "Understanding Today's Student" (<http://www.osa.umn.edu/resources/index.html>) website contains a list of resources for faculty and staff which provides advice for faculty and staff who encounter students who may be experiencing a variety of mental health challenges, including depression.

The Center for Teaching and Learning (<http://www1.umn.edu/ohr/teachlearn/>) provides a number of workshops and programs which are designed to help teaching assistants and faculty to deal with a variety of classroom situations, including those related to students who may have a mental illness or disability.

These resources should be useful as you work with students and assist them progress successfully toward graduation.