Things YOU can do to promote students’
MENTAL HEALTH & ACADEMIC SUCCESS:

Mental health and personal issues impact academic success: A 2012 study found that 64% of university students who withdrew cited mental health issues as their primary reason.

Inviting counseling & support services can be a positive step towards their success in school.

1. Take the online Faculty Kognito At-Risk Training to learn how to identify and refer students who may be struggling or having suicidal thoughts. Access it here:

   URL: kognitocampus.com/login
   Access Code: msuboze

2. Invite Counseling & Psychological Services (CPS) staff into your class to speak. We can provide information to students regarding:

   CPS Services
   Depression
   Mental Health/College Student Issues
   Time Management
   Anxiety
   Suicide Prevention
   Stress Management

3. De-stigmatize struggles and help-seeking by talking to your students about the resources available for academic support and counseling. Provide links in your syllabus to resources:

   CPS: montana.edu/counseling
   Student Success: montana.edu/success
   Health Advancement: montana.edu/oha
   Suicide Prevention: montana.edu/suicide-prevention
   Mental Health Screen: screening.mentalhealthscreening.org/montanastateuniv
   Student Kognito Training: kognitocampus.com/login (Passcode: msuboze16)

4. Consult with CPS and the Dean of Students Office (DOS) if you are concerned about a student. Use the online reporting form to alert the DOS of your concerns:

   CPS: 994-4531
   DOS: 994-2826
   DOS URL: www.montana.edu/wwwds/concern.html

Together, we can work to promote the mental health and well being of our students!