

5 Things You Can Do for Students' Mental Health

Mental health and personal issues impact academic success: A 2012 study from the National Alliance for the Mentally Ill found that **64% of university students who withdrew cited mental health issues as their primary reason**. Linking students to counseling & support services can be a positive step towards their success in school and beyond.

Counseling & Psychological Services (CPS) and all of University Health Partners is here to support you in our efforts to increase students' awareness and utilization of support services, as well encourage students to help students self-identify and refer. **Below are 5 things you can do to promote students' mental health, well-being, and academic success.**

Familiarize yourself with [MSU Mental Health Resources & Crisis Protocol](#)

This document has information about who to call in a crisis, protocol for a student death, and prevention & support services available to students:

<http://www.montana.edu/suicide-prevention/mh-resources-and-crisis-protocol.html>

Take an Online Training in Suicide Prevention

The 45-minute Kognito At-Risk Training teaches faculty & staff how to identify and refer students who may be struggling or having suicidal thoughts. Access it by creating an account at the website below and entering an access code:

Website: www.kognitocampus.com/login

Access Code: msuboze

Invite CPS to speak to your class, department, or staff

We can provide information to students or faculty departments regarding CPS Services, Time/Stress Management, Depression, Anxiety, Suicide Prevention, and College Mental Health. You can also request a training in Mental Health First Aid or Question, Persuade, Refer (QPR).

Consult with CPS and the Dean of Students Office (DOS) if you are concerned about a student

Use the [online reporting form](http://www.bit.ly/2LLPoID) to alert the DOS of your concerns: www.bit.ly/2LLPoID, or call DOS (994-2826) or call CPS (994-4531). If you are concerned about the immediate safety of an individual, call University Police at 994-2121.

De-stigmatize struggles & help-seeking by talking to students about the resources available for counseling & academic support

Consider putting this statement and resources in your syllabus:

MSU strives to create a culture of support and recognizes that your mental health and wellness are equally as important as your physical health. We want you to know that it's OK if you experience difficulty, and there are several resources on campus to assist you succeed emotionally, personally, and academically:

Counseling & Psychological Services:	montana.edu/counseling
Health Advancement:	montana.edu/oha
Insight Program (Substance Use):	montana.edu/oha/insight
Suicide Prevention:	montana.edu/suicide-prevention
Medical Services:	montana.edu/health/medical.html
Mental Health Screen:	screening.mentalhealthscreening.org/montanastateuniv