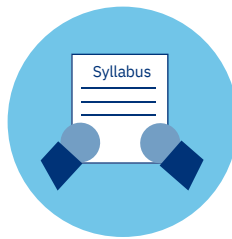


## NORMALIZE THE NEED FOR HELP

Mental health issues are common, especially among college students. The number one thing students say they value most in a professor is [approachability](#). There are a variety of ways you can indicate to your students that you are a safe person to speak to:



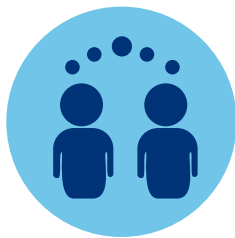
Share with your class at the beginning of the semester that they can talk to you if they are struggling for any reason.



Include mental health resources on your syllabi along with the more typical academic and tutoring resources available to students.



Ask advisees about how much sleep they are getting, if they are feeling stressed, and urge them to practice self-care.



Check-in with individual students you are concerned about and ask directly how their semester is going. If they defer to a default or vague response (e.g., "I'm fine" or "I'm good"), gently push for a little more detail.



Place a "THIS IS A SIGN" symbol on your door if you have an office or permanent classroom, or on your backpack or other prominent location to indicate that you are approachable. Consider including the digital version of the symbol attached to class document such as syllabi.



Share a story about when you needed help while in school, if you feel comfortable. Doing so is a powerful way to show students that seeking help is a sign of strength.