

# How to Support Mental Health in the Classroom

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A proven way to prevent suicide is to teach young people how to ask for help when they need it. It is a skill that will help keep them safe, build their emotional resilience, and serve them well their whole lives. Below are steps you can take to send students the powerful message that there is help and you can support them in finding it.

## Talk About It

Begin your semester by telling the class that students can come to you when they are struggling, and reiterate that message during high-pressure times, such as exams or charged political or campus events.

## Know Your Campus Resources

Wave of Support brings together the programs and services of the many existing student support offices on campus with the goal of building a healthier campus. Browse all student resources at: [care.tulane.edu/student-support](https://care.tulane.edu/student-support)

Need more urgent support?

- [The Line for Tulane Students: 504-264-6074](https://www.tulane.edu/line). When students want to talk to someone right away, they can call, text or chat with our crisis line, any time, day or night, for confidential 24/7 support.
- [24/7 Student Affairs Professional On-Call support: 504-920-9900](https://www.tulane.edu/247) 24/7 professional staff on call for urgent situations. You can also submit an online concerns report by visiting [tulane.edu/concerns](https://www.tulane.edu/concerns) or using the QR code below:



## Put Resources in Your Syllabi

Here is some sample language to accompany them:

“If you are feeling stressed, worried, or down during the semester, or if you notice signs of emotional distress in someone else, please feel free to stop by my office or consider reaching out for support. Here are some campus resources.” [list campus resources]. “If you or someone you know needs to talk to someone right now, text START to 741-741 or call 1-800-273-TALK (8255) for a free, confidential conversation with a trained counselor 24/7.”

## Encourage Self-Care

Consider incorporating meditation, deep breathing, or other mindfulness practices into the classroom and adding self-care activities—such as getting exercise, spending time in nature, or talking with a friend—to assignments. You can also model self-care by sharing with students what you do to manage stress.

## Make Thoughtful Deadlines

Avoid making assignments due late in the evening, so that students can prioritize sleep, which is foundational to emotional well-being.

## Allow Mental Health Absences

Consider allocating excused absences for both physical and mental health reasons, and include this policy in your syllabi.