**CMDI Sample syllabus statement or Canvas announcement re: student mental health and wellness**

Providing this information to students can help them know that mental health is important and that there are resources readily available.

This was initially provided by Trinity Bryant, our embedded CMDI CU therapist, and modified just a bit:

As a student, you may experience a range of issues that can cause barriers to learning and living life to the fullest. These might include strained relationships, anxiety, exploring identity, high levels of stress, alcohol/drug problems, learning of/experiencing potentially traumatic events, feeling down, or loss of motivation. Counseling and Psychiatric Services (CAPS) and CMDI’s embedded therapist Trinity Bryant are here to help with these or other issues you may experience. You can learn about the free, confidential mental health services available on campus by calling 303-492-2277 (24/7 support), visiting <https://www.colorado.edu/counseling/> , or by signing up for a screen via the MyCUHealth Portal. You can also learn about other student wellness resources here: <https://www.colorado.edu/studentaffairs/health-and-wellness>

CRISIS RESOURCES:

* CU CAPS and CAPS After Hours Number:  (303) 492-2277
* Trevor Project (LGBTQ) Crisis Line (24/7): (866) 488-7386 or text START to 678678
* Mental Health Partners Drop-In Crisis Center (Open 24x7):  3180 Airport Road, Boulder, CO  80301; (303) 443-8500