

## Mental Health Guidelines

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functioning, and address acute symptoms that may impede student success. Personal stressors may include issues such as relationship difficulties, self-esteem issues, depression, stress, suicidal thoughts, and/or any other issue causing distress. Psychological screenings and assessments may be utilized to aid in the counseling process and to gather the information that will enable you and your clinician to set appropriate treatment goals. If your needs are outside of the scope of TAMUK resources, we will help you to access other appropriate campus or community resources.

- Services are available to TAMUK students who are currently enrolled during the academic session. Sessions are free and confidential to the full limits of the law. Students are responsible for keeping all scheduled appointments.
- Student Health and Wellness, Counseling Services offers both face-to-face and Tele-Mental Health counseling appointments. Tele-Mental Health is delivered through the HIPAA secure platform ZOOM.

Additional information may be found on our website:

<https://www.tamuk.edu/shw/counseling-services/index.html>

2. How can students and...

4. **The pandemic has created new anxieties for students, and has increased rates of depression among college students. What can professors expect as they head back to the classroom, and what steps can they take to create a good environment for students?**

The pandemic has created new anxieties not only for students, but for faculty and staff as well. As we get students back on track academically, it is important to make space for social-emotional learning. Many individuals have experienced trauma during this time in one form or fashion. Traumatized individuals are especially prone to difficulty in self-regulation, negative thinking, being on high alert, and difficulty trusting others. Students' primary concerns for fall are centered around motivation and concentration, with mental health concerns also significant. Nearly one-quarter of students have lingering concerns about COVID-19. Consider creating an environment that is supportive as well as the tips below.

Mental Health Tips for Faculty:

1. **Consider including a statement in your syllabus on mental health.** This helps to destigmatize mental health issues, demonstrates the link between mental health and academic st-3 (410g04)0.8 (s).2 (0)msc