# ***Syllabus Language***

# *Here is an example of syllabus language you can provide related to wellness and mental health. Feel free to edit as suits you for your classes.*

Learning is most easily accomplished when you are physically and emotionally at your best. If you are struggling, know that there are resources on campus to help you. If you’d like to share any concerns with me, I’m happy to listen, support you, and help direct you to resources.

The Disabilities Resource Center at Northeastern (DRC) ensures that students with disabilities have equal access to the academic experience at Northeastern and advocates for students with learning differences. Please share any formal DRC-approved accommodations with me as early in the semester as possible so I can make sure to put those accommodations in place. You can do so by requesting a “professor notification letter” through your DRC portal and following up with me via email. See here for More information can be found [here](https://drc.sites.northeastern.edu/registered-students/). If you do not have formal accommodations through DRC but would like to request them, you can register [here](https://drc.sites.northeastern.edu/incoming-and-unregistered-students/).

At any point of the semester, if an issue arises that affects your ability to fully participate and learn in this class, please talk with me as you feel comfortable. Please note that I am a university-mandated reporter, meaning that if I am made aware of an incident related to sexual assault, sexual harassment, gender-based harassment, dating or domestic violence, sexual exploitation, or stalking, I am required to report it to the Northeastern University’s Office of University Equity and Compliance/Title IX Coordinator.

Many campus resources exist to support you, including the following:

* [University Health and Counseling Services](https://www.northeastern.edu/uhcs/)\*: Provides confidential medical and mental health services.
* [Find@Northeastern](https://www.northeastern.edu/uhcs/find-at-northeastern/)\*: Offers 24/7 mental health support to full-time students and connection to unlimited free counseling sessions. Call 877.233.9477 (US), 855.229.8797 (Canada), or +1.781.457.7777 (International).
* [We Care](https://we-care.studentlife.northeastern.edu/): Creates a support network for interpersonal problems, academic concerns, or personal tragedies.
* [Disability Resources Center](https://drc.sites.northeastern.edu/): Ensures that students with disabilities have equal access to the academic experience at Northeastern and advocates for students with learning differences.
* [OPEN](https://open.studentlife.northeastern.edu/)\*: Alcohol and other Drug and Sexual Violence Services\*: Provides confidential, non-judgmental check-ins for students.
* [Center for Spirituality, Dialogue, and Service](https://spirituallife.northeastern.edu/)\*: Attends to spiritual needs and offers confidential support and guidance.
* [Office for University Equity and Compliance](https://www.northeastern.edu/ouec/): Investigates reports of discrimination, harassment, and retaliation at Northeastern.
* <https://wellnessdays.studentlife.northeastern.edu/overview/>: As part of a pilot program, Boston-based undergraduate students can take up to two wellness days each semester.

*\*Indicates confidential resource*