Dear University of Maryland faculty and staff,

You may already be aware that there have been reports of mental health issues among students on campus. Our campus has faced heightened anxiety and stress levels, with some students reporting increased feelings of isolation, fear, and uncertainty.

We are working with across departments to mobilize appropriate resources to ensure safe learning, working, and living environment for our campus community.

We ask that all faculty and staff please read the following information about how to support students during these tough times:

1. **Provide a Safe Space:** If you suspect a student or colleague is struggling with mental health issues, encourage them to seek help. Let them know it's okay to take time off and that support is available.
2. **Be Proactive:** Check in on your colleagues regularly. Ask how they are doing, and if you notice changes in behavior or mood, reach out to offer support.
3. **Educate Yourself:** Stay informed about mental health issues and resources available on campus. This knowledge can help you identify when someone might need assistance.
4. **Offer Your Support:** If you're comfortable, offer to listen or provide guidance. Sometimes just someone to talk to can make a big difference.
5. **Seek Professional Help:** Encourage students to consult with the Counseling Center, which offers individual, group, and couples therapy. There are also resources on campus such as the Student Health Center for medical assistance.

We understand that these issues can be challenging, but your support makes a difference. Together, we can create a healthier, more supportive community for everyone.

The Counseling Center is located in the University of Maryland, College Park campus. They can be reached at 301-405-4321. For emergencies, please call the 24/7 crisis hotline at 301-405-4321 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

Thank you for your commitment to the well-being of our community.

Sincerely,
The Counseling Center