*Instructor Note: The language below encourages students to contact you for course-related concerns. If you wish to customize the language to include other members of an instructional team (e.g., Teaching Assistants, co-instructors), download the MS Word version, customize the language, and insert it in your syllabus. If you do not wish to customize the statement, simply remove this instructor note and add the content below to your syllabus.*

**Wellness**

All students experience stressors and challenges at some point, and seeking support is beneficial. Such challenges may be the result of academic concerns (such as those related to particular assignments or content in a course), or they may be more personal in nature (such as concerns related to relationships, mental health, loss, identities, alcohol or drugs, housing or food security, or finances, among other things). If you experience these or other difficulties, please consider seeking support from the resources available to you.

* For concerns related to this course, please contact me. I am invested in your success and will support your success in the ways I can.
* Additionally, you have access to the many resources SLU provides in support of your personal wellness. You will find a list of available resources on [the Well-being page of the SLU website](https://www.slu.edu/wellbeing/index.php).

**If you or someone you know is experiencing a crisis**: please consult [the Crisis Support and Warning Signs on the University Counseling Center website](https://www.slu.edu/life-at-slu/university-counseling/crisis-resources.php).

In the spirit of *cura personalis*, the University sees your academic success as connected to your health and well-being and provides resources to support your holistic wellness.

*This syllabus statement is currently in a pilot phase. If you want to provide feedback on the statement, please complete the* [*Wellness Syllabus Statement Pilot Feedback Form*](https://docs.google.com/forms/d/e/1FAIpQLSdNo4ZaAMuXqLbZ5rLOicK7NqW0Gu9FK1xJe34ttsQUtuhZPg/viewform)*. Note: You must be signed into MySLU/SLU Google to access the form.*