

Syllabus statements samples

Long Version

As a student, you may experience a range of health and/or mental health issues that may result in significant barriers to achieving your personal and academic goals. Coping with strained relationships, loneliness or homesickness, intense feelings of worry or anxiety, problems with drugs or alcohol, prolonged feelings of sadness, and serious difficulties with concentration and/or motivation are not uncommon experiences for university students. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. The University of Toronto offers services and programs that may be able to assist you.

For students who have a diagnosed mental illness, academic accommodations may be available. Accommodations are determined based on the information provided by a medical practitioner/psychiatrist. Medical diagnoses are confidential and are not included in this information; rather, the medical practitioner/psychiatrist will make recommendations as to how the illness impacts your ability to participate fully in your academic work. You can find more information on the Accessibility Services Website: <http://www.studentlife.utoronto.ca/as/new-registration>.

If you already have a psychiatrist in the community, they can complete the required documentation, if not, you may choose to see a psychiatrist at the Health and Wellness Centre (HWC) <http://www.studentlife.utoronto.ca/hwc>.

You can learn more about the broad range of free and confidential services available on campus via the Student Life Website: <http://www.studentlife.utoronto.ca>.

If, at some point during the year, you find yourself feeling distressed and in need of more immediate support, visit the Feeling Distressed Webpage: <http://www.studentlife.utoronto.ca/feeling-distressed> for more campus resources. Off campus, immediate help (24/7) is available through Good2Talk, a helpline for post-secondary students across Ontario 1-866-925-5454.

Short Version

As a university student, you may experience a range of health and/or mental health issues that may result in significant barriers to achieving your personal and academic goals. The University of Toronto offers a wide range of free and confidential services and programs that may be able to assist you. We encourage you to seek out these resources early and often.

Student Life Website: <http://www.studentlife.utoronto.ca> Health and Wellness Centre Website: <http://www.studentlife.utoronto.ca/hwc>

If, at some point during the year, you find yourself feeling distressed and in need of more immediate support, visit the Feeling Distressed Webpage: <http://www.studentlife.utoronto.ca/feeling-distressed>

for more campus resources. Off campus, immediate help (24/7) is available through Good2Talk, a post-secondary student helpline at 1-866-925-5454.

Condensed Version

It is not uncommon for university students to experience a range of health and mental health issues that may result in barriers to achieving their academic goals. The University of Toronto offers a wide range of services that may be of assistance. You are encouraged to seek out these resources early and often. **On**

Campus: Student Life Website: <http://www.studentlife.utoronto.ca> Health and Wellness Centre Website: <http://www.studentlife.utoronto.ca/hwc> **Off-Campus:** Good2Talk - a post-secondary (24/7) helpline (1-866-925-5454).

Reference: http://www.ofyp.umn.edu/ofypmedia/focusfy/WillMenzel_Handout1.pdf (article about a follow-up survey re: the statement being included in syllabi.)