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

**Wellness**

With our Jesuit commitment to *cura personalis*, the University sees your academic success as connected to your health and well-being and provides resources to support your holistic wellness.

All students experience stressors and challenges at some point, and seeking support is both normal and 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, medical issues, loss, identities, alcohol or drugs, housing or food security, finances, or local/world events, among other things). If you experience these or other difficulties that are impacting your well-being and/or academic work, please consider seeking support from the resources available to you.

* For questions or 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 [Crisis Support and Warning Signs on the University Counseling Center website](https://www.slu.edu/life-at-slu/university-counseling/crisis-resources.php) or call the University Counseling Center at 314-977-TALK (8255) and press #9 to be connected to a behavioral health nurse 24/7.