



## Benefits

Including information about mental health and well-being resources on the syllabus is a way to show the important connection between learning and well-being, and to show students you care.

## Overview

Acknowledge stress and available support and resources for students by including a statement on your course syllabus, such as:

We all experience stress and well-being differently. It's part of being human. Sometimes the challenges will be manageable and other times they may seem overwhelming. Please connect with me or use the resources available to you at SFU to support you and take care of your mental health and well-being or keep these in mind for a peer or friend.

- Explore [different options for support](#) to see what may work for you
- [Resources to support individual and collective identities](#) are available
- Learn more about [My SSP for 24/7 mental health support](#) for SFU and FIC students worldwide