

Mental Health Resources on Syllabi Motion

Purpose: As the Class of 2022, we bring forth a motion to the larger SGA President's Council that aims to encourage faculty to provide mental health resources on their syllabi starting in the fall of 2021.

The What: Colby Health offers an array of counselling and mental health services to students either virtually or in person. These services promote healthy habits and can be contacted through counseling@colby.edu, (207) 859-4490, or in-person at the Garrison-Foster building, Room 205.

The How: We would like to place at the bottom of professors' syllabi Colby counselling contact information and resources that it provides to support and prioritize a student's health and wellbeing. We want to draw from the additional resources provided by the Colby card motion.

Strengths and Importance: This addition could be influential in part that it can always be used as a reference for support and demonstrates that professors care about the welfare of their students.

Possible Risk Areas: Though it is understood that not all professors will adhere to this motion, those who do will prove vital to the wellbeing of students. We believe that if a student were to see this counselling information within their syllabi, they will remember this and can refer to it whenever they need.

Intuition and Questions Already Addressed:

Will there be a template provided?

We can speak with Colby Counselling Services to get their opinion on what the best template would be to use.

Administration, Faculty, Staff, and Students Consulted: During a meeting with Healthy Colby Coordinators, Katie Barlow and Meg Hatch, this idea was brought up as a way to help improve accessibility to mental health resources on campus. After this meeting, and subject to the approval of the President's Council, we will meet with Associate Provost, Russell Johnson, to discuss the implementation of this policy moving forward.

Contact Information for questioning, clarification, or pre-meeting critiques:

Name: Leah Montello

Year: Junior, Class of 2022

Dorm: Coburn 064

Phone #: 203-979-4728

Email: lkmont22@colby.edu

Favorable Hours to Meet: By appointment

Name: Laura Powell

Year: Junior, Class of 2022

Dorm: Dana 333

Phone #: 207-219-1350

Email: lepowe22@colby.edu

Favorable Hours to Meet: By appointment

Name: Lukas Alexander

Year: Junior, Class of 2022

Dorm: Downtown

Phone #: 617-953-6399

Email: lkalex22@colby.edu

Favorable Hours to Meet: By appointment