May 2, 2017

USU Graduate Students,

During this finals week, we want to acknowledge the stress and fatigue that comes at the end of a semester and the importance of mental health and wellness. We care about you. If you or someone you know is struggling with depression, anxiety, coping, or suicidal thoughts, please seek help. There are several places of support that are available to you as a Utah State student.

To make this support more accessible, we have set up a graduate student mental health website, http://rgs.usu.edu/graduateschool/mental-health-resources/, to connect you to a community of on-campus and public resources that can help. On the page, you’ll find:

- Guidance on when to seek help.
- What to say to someone who may need help.
- Links to counseling, psychological and clinical services, most of which are free or low-charge to USU students.
- Information on insurance coverage for mental health treatment.
- Other programs and initiatives designed to educate and normalize mental health challenges at Utah State.

Recognizing the importance of wellness, we continue to focus on the needs surrounding graduate student healthcare, graduate student rights, and how best to be present to hear your thoughts and opinions.

If you have questions or feedback, please share them. Each of your experiences matters.

Regards,

Mark R. McLellan, PhD
Vice President for Research and
Dean of the School of Graduate Studies