

# FACULTY MENTAL HEALTH RESOURCES



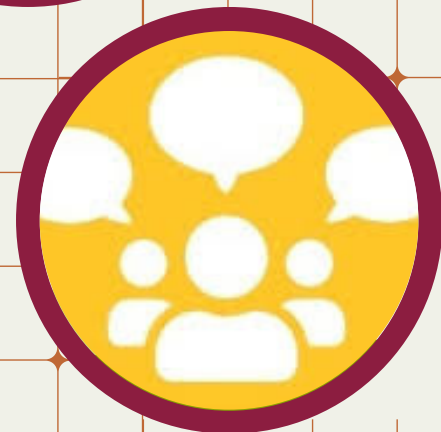
## **Mental Health Resources** [↗](#)

- This Mental Health Resource page has multiple resources for students such as counseling or advising. It also has commonly asked questions from other students that are answered.



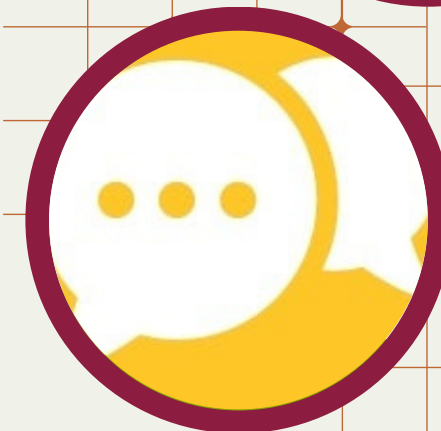
## **Counseling Services** [↗](#)

- ASU counseling services have 24/7/365 open call and open chat available. It also has telehealth individual sessions. There are multiple links to get support for students. There are resources for students from the community, support groups, outreach areas, and others.



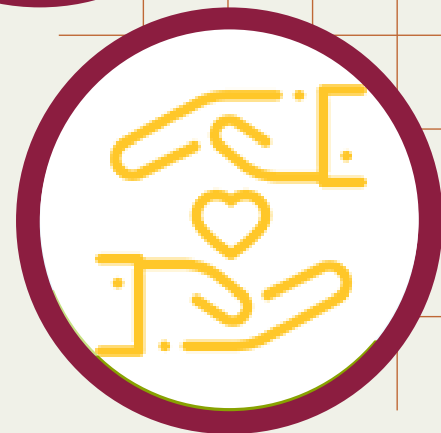
## **ASU Wellness** [↗](#)

- ASU Wellness is a community that wants to help support your well-being. It is meant to improve your physical health along with your routine. It also aims to improve your emotional, mental, and spiritual well-being. It has multiple links to benefit each aspect.



## **Health Services** [↗](#)

- ASU health services has a portal where students can make appointments to discuss their physical or mental health. They have in-person or telehealth appointments that are easy to make. They also have an after-hours phone number.



## **Disability Resource Center** [↗](#)

- The Disability Resource Center provides access to services and accommodations for students with disabilities. It provides consultations for faculty and staff to ensure accessibility.

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## **Educational Outreach & Student Services**

- EOSS offers trainings, programs, and presentations for both instructors and students regarding student mental health and how they can help.



## **EOSS Trainings**

- EOSS offers trainings tailored for other specific topics and requests, such as empathy, community building, and counseling services overview.



## **Roadmap of Support Training**

- The Roadmap of Support Training is ideal for faculty who want to learn about the signs of risk in students and knowing simple steps to help them.



## **Employee Assistance and Wellness**

- This site that offers resources and trainings that faculty can use to better support themselves and their students.