MSU faculty educate and mentor students through key developmental life stages. While faculty are experts in their fields of study, questions often remain for faculty about how to identify and support students through periods of distress and through mental health issues. Additionally, now living in a pandemic, the MSU community is navigating increased experiences of loss, disconnection and turbulence, while rates of depression, anxiety, and other mental health symptoms have increased in young adults. Meanwhile, faculty have had to adapt instruction, research and interaction structures to continue their work with and in support of their students.

In order to help support faculty, the Employee Assistance Program is offering a monthly consultation group session specifically for faculty to provide information and guidance about educating and mentoring students who may be experiencing mental health symptoms and increased distress during the pandemic. These sessions will give faculty the opportunity to drop in and ask questions they might be having about how to be helpful to their students, what resources might be available and how to access those resources, or even about how to initiate a discussion with a student about a mental health or substance abuse concern. You do not need to sign up; rather, faculty can just show up to the session when and if you might want to talk through one of these questions. The session will also allow you to hear the questions and concerns of other faculty who may be experiencing their own concerns, allowing the opportunity to learn from each other’s experience and gain from a supportive community of MSU educators.

**Faculty Consultation Drop-In Support Sessions**

Sponsored by:

**Employee Assistance Program**

**Thursday, March 18 & Thursday, April 15**

12:00-1:00 p.m.

Join via Zoom at:

https://msuhipaa.zoom.us/j/91860571420?pwd=aWV1Ylo0anpETlpIb0U1BTV2tjZz09

Meeting ID: 918 6057 1420
Passcode: 832607

**These sessions are offered exclusively to MSU Faculty.**

If you have any questions, please contact us at eap@msu.edu.