Dear Colleagues,

We hope this email finds you and your loved ones safe and well. With the end of the semester approaching, we are writing to offer a few resources and reminders to support your wellbeing.

First, thank you for your tireless efforts to support undergraduate inside and outside of the classroom this semester. We hear students routinely express to us how much value they place on the opportunities you provide and that you have gone above and beyond to engage and offer support in all platforms. We know how much you all sacrifice as you juggle so many additional responsibilities outside of your teaching, and we thank you for your students’ gratitude.

Of course, managing the stress of the compressed, uncertain, and uniquely challenging semester has been difficult for all of us. As we approach the end of the term, we hope to offer you the information and reminders offered before to help be brief and timely.

**Faculty Wellness Resources**

**Faculty Elderly Health and Wellness**

Given its condensed nature and limited opportunities for social connections, this semester presents a host of unique challenges for students. As many of you have shared that students feel pressure to achieve unprecedented success even in the face of ongoing uncertainty.

We encourage you to take steps that support student participation and acknowledge the moment. We recommend that we take a longer view than is customary on the electoral process that you can share with your students. Please don’t forget that any voter eligible to vote in Durham County can vote on the electoral process that you can share with your students. Please don’t forget that any voter eligible to vote in Durham County can vote between now and November 4th.

**Student Mental Health and Wellness**

As you know, many students are in this together and are here to partner with you to help make sure they have the support that they need.

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**DukeReach**

As always, if you are concerned about a specific student for any reason, DukeReach can provide you with additional resources to help connect that student with whichever help they may need. For mental health support from a licensed counselor. There are two types of trained wellness representatives who will reach out within 24-48 (business) hours: Peer for You responders—who are here to chat in confidence with zero judgement—or DukeReach sta members. Two-Click to Connect.

**Keep Learning**

While election day is on November 3rd, the nature of this moment recommends that we take a longer view than is customary on the electoral process that you can share with your students. Please don’t forget that any voter eligible to vote in Durham County can vote on the electoral process that you can share with your students. Please don’t forget that any voter eligible to vote in Durham County can vote between now and November 4th.

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**Personal Assistance Service (PAS)**

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**Additional Resources**

The Oce of Undergraduate Education resource page includes:

1. Duke-sponsored resources available to support faculty wellness.
5. Personal Assistance Service (PAS).
6. DukeReach.

As a reminder, classes are scheduled to take place on November 9th. President Price’s recent message noted that Faculty have the flexibility, to make a decision about resuming in-person teaching in our Bracken Behavioral Laboratories between the end of fall term and the celebration ofThanksgiving. Participants are encouraged to take part in any online activities that you may have engaged in the past, and we encourage you to take steps that support student participation in the democracy of our nation.

For most of our undergraduates, this election is the rst Presidential election in which they may vote, and this has been remarkable opportunity for student engagement and meaningful civic engagement. We expect that many of our students feel pressure to achieve unprecedented success even in the face of ongoing uncertainty. We urge you to consider the moment, welcome these conversations, listen to students’ concerns, and, if necessary, refer students to the myriad resources and events that colleagues are oering to help students process and engage around these questions. We can provide you with additional resources to help connect that student with whichever help they may need. For mental health support from a licensed counselor. There are two types of trained wellness representatives who will reach out within 24-48 (business) hours: Peer for You responders—who are here to chat in confidence with zero judgement—or DukeReach sta members. Two-Click to Connect.

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