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 timely reminders and updates.

First, thank you for your tireless efforts to support undergraduates inside and outside of the classroom this semester. We hear from students that you have gone above and beyond to engage and offer them support in all platforms. We come to you all as they need even more additional responsibilities outside of your teaching and we share the students’ gratitude.

Of course, managing the stress of the compressed, uncertain, and uniquely challenging semester has been difficult for all. As we approach the end of the term, we hope you’ll find the information and resources offered below to be both timely and helpful.

Faculty Mental Health and Wellness

Given its constrained nature and limited opportunities for social connection, this semester presents a host of unique challenges for students. To help those students who have shared their experiences in DukeReach, we present a round-up of mental health and wellness resources that included mental health and wellness resources for all students.

**Students**

- **Student Mental Health and Wellness**
  - DukeReach: A confidential, non-judgmental space where students can talk about anything.
  - **Personal Assistance Service (PAS)**
    - Includes licensed professionals who offer assessment, short-term counseling, and referrals, and helps students create a person-centered plan for work and life challenges.
  - **Blue Devils Care**
    - A platform for students to engage in peer-to-peer support and conversation.
  - **Duke-sponsored resources available to support faculty mental health:**
    - **DukeReach:** A confidential, non-judgmental space where students can talk about anything.
    - **Blue Devils Care:** A platform for students to engage in peer-to-peer support and conversation.
    - **Personal Assistance Service (PAS):** A 24/7 service that provides: TalkNow (24/7, talk about anything) and Scheduled Counseling.
    - **Two-Click to Connect:** Students can sign up at the website above using the service key DUKE2020. Students can select one of two types of trained wellness representatives who will reach out and provide support.

- **Other resources include:**
  - **Dave Pasch Library:** In just two clicks, students can select one of two types of trained wellness representatives who will reach out and deliver their support.
  - **Counseling and Emotional Support Line:** Available 24/7, the line allows you to have face-to-face conversations, listen to students’ concerns, and, if necessary, refer students with whatever help they may need.

**Faculty**

- **Faculty Mental Health and Wellness**
  - First and foremost, we encourage you to take time to engage in meaningful self-care.
  - As you continue to interact with your students, please don’t ever worry alone — we are here to listen.
  - For problems that aren’t mental health-related, you can reach out to your dean for personal assistance.
  - As always, if you have concerns about a specific student, for any reason, **DukeReach** can provide you with additional resources to help connect that student with whatever help they may need. From mental health resources to academic support. Please don’t ever worry alone — we are here to listen.

- **Leave of Absence:** We encourage you to take time to recharge during the emotional, and physical wellbeing. We truly appreciate your efforts, gone to extraordinary lengths to support our students’ intellectual, emotional, and physical wellbeing. We hope you have some opportunities to recharge during the timeframe of this election season. There is a distinct possibility that we will not know election results on November 4th. This may create additional uncertainty and stress on campus. We urge you to consider taking a longer view than is customary on the electoral process that you can share with your students.

As a reminder, classes are scheduled to take place on November 10th, the Tuesday of this week’s recommendation that we take a longer look at this election, we offer you some timely reminders and updates.

- **First vote if you can.** The DukeVotes website includes information for students, faculty, and staff, as well as a voting guide and an online registration tool. You can register online if you are not registered or vote early through your local election site. Early voting sites are open for two weeks, with a deadline of November 5th.
- **Duke Votes**
- **DukeReach:** A confidential, non-judgmental space where students can talk about anything.
- **Blue Devils Care**
- **Personal Assistance Service (PAS)**
- **Two-Click to Connect:** Students can sign up at the website above using the service key DUKE2020.

**Additional Information:**

- **Student Mental Health and Wellness**
- **Faculty Mental Health and Wellness**
- **Duke-sponsored resources available to support faculty mental health:**
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Contact us at: DukeOfficeOfUndergraduateEducation@duke.edu or 919-660-3494

Thank you and may your thanksgiving be filled with love, laughter, and joy.