Dear Colleagues,

We support you and your loved ones well on this path and with the end of the semester approaching, we are writing to offer a few timely reminders that we believe may be helpful.

First, thank you for your continued efforts to support undergraduate inside and outside of the classroom this semester. We hear from students regularly that your support and guidance have been above and beyond and we encourage you to support your faculty members who are teaching in all platforms. We know that the pandemic has put enormous stress on you and we appreciate your effort.

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 reminders offered here to be helpful and timely.

Faculty and Student Health and Wellness

Given its constrained nature and limited opportunities for social connections, this semester presents a host of unique challenges for students and faculty who have shown an incredible amount of resilience and flexibility. The Office of Student Mental Health and Wellness launched a mental health campaign that included mental health and wellness resources for undergraduates and COVID-19 specific resources for students and faculty. Resources include opportunities for crisis and non-crisis counseling assistance, information for students about where, when, and how to vote via a Duke-sponsored resources available to support faculty wellness include:

- **The Personal Assistance Office** is the Faculty Affairs website includes a series that shares our colleagues’ takes on the issues at hand. This series provides space for faculty to make their best guess about the 2020 election, and invites participation from faculty and students.

- **Duke Votes** website offers information to your students.

- **DukeReach** is a convenient way for Duke students to receive no-cost mental health support from a licensed counselor. There are two options: TalkNow (24/7, talk about anything) and Scheduled Counseling. Students can tap the website above using the DukeReach dd.

- **Blue Devils Care** is a peer-to-peer support platform that connects students with other peers to talk about anything.

- **Duke-sponsored resources available to support faculty wellness include:**

  - **First:** thank you for your tireless efforts to support undergraduates at the Duke early voting site at the Karsh Alumni Center through options: TalkNow (24/7, talk about anything) and Scheduled Counseling. Two-Click to Connect.

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- **Other resources include:**

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As a reminder, classes are scheduled to take place on November 10. This is the most important recommendation that we make to support the unique challenges that are on the horizon for us. We need to be clear that our priority is to ensure that students and faculty can access these resources in a way that is safe and accessible. Students can sign up at the website above using the DukeReach dd.

In addition to student mental health, this email also includes a series that shares our colleagues’ takes on the issues at hand. This series provides space for faculty to make their best guess about the 2020 election, and invites participation from faculty and students.

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Duke Office of Undergraduate Education

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