Dear Colleagues,

We hope that you and your loved ones are safe. With the end of the semester approaching, we are writing to offer a few timely reminders to faculty teaching undergraduates this term.

First, thank you for your tireless efforts to support undergraduate inside and outside of the classroom this semester. We hear routinely express to us their appreciation for all the ways faculty have gone above and beyond to engage and reach their students in all platforms they come to us to pay the many additional responsibilities outside of your teaching and we share your students’ gratitude with you.

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 you’ll find the information and reminders offered below to be helpful and timely.

**Faculty Mental Health and Wellness**

Given its condensed nature and limited opportunities for social connections, this semester generates a host of unique challenges for students. As you have shared with us, we fully support the Student Assistance Program (SAP) that included mental health and wellness resources for all students. The DukeReach program, which is available both in-person and virtually, provides students with access to a licensed counselor.

Additionally, the Office of Wellness Resources provides the following recommendations:

- **DukeReach**
  - Peer for You: A convenient way for Duke students to receive no-cost mental health support from a licensed counselor. Peer for You responders—peers who have been trained to help—are available 24/7 by phone.
  - DukeReach’s Two-Click to Connect program allows students to connect with a licensed counselor in just two clicks.

- **Blue Devils Care**
  - Confidential support from a licensed counselor. Students can sign up at the website above using the service key Blue Devils Care.

- **Oxford University Press**
  - A series shares our colleagues’ takes on the issues central to this election season. The series is available in the OUP blog.

- **Duke Votes**
  - The Duke Votes website includes voting information, the Duke Votes series shares our colleagues’ takes on the issues central to this election season. The series is available in the OUP blog.

In addition to the resources mentioned above, we encourage you to look into the faculty/employee assistance program that is available at no charge. PAS staff are licensed professionals who offer assessment, short-term counseling, and referrals to help resolve a range of personal, work, and family challenges.

Given this condensed nature and limited opportunities for social connections, we understand that this will be a difficult time for us all. To support your efforts, we encourage you to look into the Office of Faculty Advancement’s resource page to support faculty wellness.

We hope this note finds you and your loved ones safe and well. With gratitude, Mary Pat McMahon

Vice President/Vice Provost of Student Affairs

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