**Instructions:** *Faculty, please copy and paste the text below into your syllabi in its entirety, without making any changes to ensure it matches the current available resources:*

As a college student, there may be times when personal stressors interfere with your academic performance and/or negatively impact your daily life. If you or someone you know is experiencing mental health challenges at James Madison University, please connect with the Counseling Center (CC) located within the Student Success Center on the 3rd floor, Suite 3100. You can learn more about available CC services by visiting the website: <https://www.jmu.edu/counselingctr/> or calling the Center (540-568-6552). Their services are free and confidential.

JMU has also partnered with TimelyCare, a virtual health and well-being platform, to provide you with 24/7 access to virtual mental health care from anywhere in the United States at no cost. Download the TimelyCare App or visit <https://timelycare.com/jmu> to register and get started today. Other available support resources to consider on campus include, but are not limited to the: Office of the Dean of Students, Health Center, UREC Health Promotion, Learning Strategies Instruction, & Office of Disability Services.

If there is ever an immediate concern for your safety or the safety of another individual please call 911. In case of a mental health emergency (e.g., thoughts or plans to kill yourself, thoughts of seriously harming others, recent sexual assault) M-F 8am-4:30pm, when the University is open, crisis services are available through the CC. After hours and/or on weekends: students can call the Center (540-568-6552) and press “1” to connect to the after-hours crisis line.  Alternatively, all students may go to the Emergency Room at the Sentara RMH Medical Center, 2010 Health Campus Drive, Harrisonburg, VA, 22801, (540-689-1414), call the 988 Suicide & Crisis Lifeline (988), and/or utilize the Crisis Text Line (text “HOME” to 741741).