

HOW TO BE A #WSUWESUPPORTU FACULTY/STAFF MENTAL HEALTH ADVOCATE:

Incorporate the #WeSupportU Mental Wellness in the Classroom Cards curriculum into your class; request your free set at wichita.edu/WellnessCardRequest

Complete the #WeSupportU Preventing Suicide Training for free online with a valid WSU e-mail address, and encourage your class to take it by offering class time or extra credit

Wear your Suspenders4Hope shirt, especially on the planned mental health awareness days - March 16th and April 21st - and Suspenders Fridays; need a shirt? Get yours at the ShockerStore or at Suspenders4Hope.com

Model vulnerability by talking about mental health openly and directly to let students know it's ok to not be ok

Share your mental wellness stories and Suspenders4Hope selfies on social media using #WSUWeSupportU and tagging @Suspenders4Hope

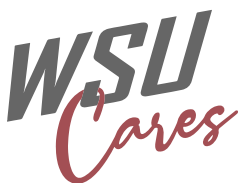
Encourage students to follow, like and share @ShockersCAPS and @Suspenders4Hope for free tips to help manage their mental health, along with other campus organizations like Student Affairs (@WichitaStateSA) and Care Team (@WSUCARETeam)

Check in with your students and encourage them to check in with one another - if a student is in distress, refer them to CAPS at wichita.edu/caps or submit a concern to CARE Team at wichita.edu/care

**Scan Me with your
Cell Phone to Take
the Training Today!**



or visit Suspenders4Hope.com



#WSUWeSupportU
Counseling and Prevention Services

Counseling and Prevention Services
Student Wellness Center
316-978-4792
wichita.edu/CAPS | @ShockersCAPS

