

Email Template

Dear Students and/or Faculty and Staff,

Because mental health concerns often first appear between the ages of 18 and 25, it's our goal to provide our campus with a wide range of suicide prevention and mental health resources.

One new way that we'll be supporting that initiative this year is through a 30-minute online training program called SOS for Higher Ed where you'll learn:

- How to recognize signs of suicide risk
- How to have caring conversations that encourage someone to seek help
- How to build community connections that foster positive mental well-being
- An overview of available student mental health resources, on and off-campus

How to Access the Course:

[If your audience is accessing the course through the MindWise platform, include the instructions below. If using your campus LMS, insert instructions accordingly.]

- Visit mindwise.digitalchalk.com and click "Create Account"
- Enter name, school email address, and chosen password, click "Create"
- Copy and paste or type redemption code [insert your redemption code] (no spaces before or after) and click "Next"
- View the dashboard and select the SOS for Higher Ed course that fits your role.

We encourage everyone to take 30 minutes to learn these lifesaving skills. If you are struggling now, help is available. [Insert campus resource.] Call/text/chat [988](tel:988) or text 741741 for support 24/7.

Sincerely,

[Designated administrator, title]