The team at the Student Center for Health and Counseling recommends the following statement for consideration for all course syllabi at BSU.

STATEMENT:

Students experiencing medical or mental health concerns or high levels of stress may benefit from meeting with a professional at the [Student Center for Health & Counseling](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bemidjistate.edu%2Fservices%2Fhealth-counseling%2F&data=05%7C01%7CKeith.Gora%40bemidjistate.edu%7C00d55ce1ac4a4d46fefb08daee60ab9f%7C5011c7c60ab446ab9ef4fae74a921a7f%7C0%7C0%7C638084396198719897%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zI2a18fA9J1LSPBvsEG3hDFuSm2libIpAX04SbHJmdo%3D&reserved=0), First Floor Cedar Hall 218-755-2053. Counseling and case management are available to BSU students along with TAO (Therapy Assistance Online - us.taoconnect.org), which has educational sessions related to mental health, free of cost. Medical appointments are available, and fees are submitted to insurance.