Dear Students, Faculty, and Staff,

As we gear up for a new semester, it’s important to pause and reflect on the difficult circumstances we’re all facing today. We know the pandemic has impacted your university experience and personal lives in different ways. Some students are experiencing feelings of isolation, anxiety, and uncertainty. For others, the pandemic has brought financial hardship, family strain, and unemployment. Please know that you are not alone during this difficult time. We are here to provide support and resources to help keep you on track. If you feel you need help, please do not hesitate to contact your department head, myself, or the dean’s office staff.

If you’re feeling overwhelmed or just need to talk to someone, please contact USU’s Counseling and Psychological Services team. They provide crisis support, therapy, and other treatment options. To schedule an appointment, call 435-797-1012 between 8:30 a.m. and 4:30 p.m.

Now may also be a good time to meet with your academic advisor to discuss degree progress, goals, concerns, and academic resources. You can schedule a virtual advising appointment any time of the year by going online or by calling 435-797-2705.

In addition, USU has opened a fourth cycle of emergency grants for students who have experienced unanticipated expenses related to the disruption of campus operations due to COVID-19.

The following student resources are also available:

**Crisis Support**
- SafeUT App – 24/7 phone or text support (833-372-3388).
- National Suicide Prevention Lifeline – 24/7 phone or chat support (800-273-8255).
- Emotional Health Relief Hotline – free support 10 a.m. to 10 p.m. (833-442-2211).

**Mental and Physical Health**
- Aggie Wellness – mental, physical, and relationship wellness, workshops, and other services.
- Student Health and Wellness Center – psychiatry in-person and remote services.
- Student of Concern – submit a report to get help from professionals if you’re worried about a student’s suicidal thoughts or behaviors. Reports may be submitted by anyone inside or outside the campus community.

- Resilient Mind Workshops – increase resiliency during stressful life events.
- ACT Guide – online self-help program to foster emotional well-being and help individuals cope with mental health issues.
- USU Online Well-Being Course – training on managing the stress and difficulties that come with being a college student.

We look forward to a successful semester and to celebrating graduation and commencement activities soon. Your support and contributions are vital for our progress, and we need to support each other in these difficult times. It is also important to understand the difficulties your friends and colleagues may be facing and to be sympathetic and helpful to their needs. Once again, please use the available USU resources when needed.

Sincerely,

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