

WVU Mental Health Statement for Syllabi
Carruth Center for Psychological and Psychiatric Services

(1) Long Version:
Mental Health

College students commonly experience issues that may interfere with academic success. Stress, sleep problems, relationship and social concerns, adjustment to college, financial problems, family issues, discrimination, or anxiety and depression all affect one's ability to remember, learn, and perform. If you or a friend is struggling, we strongly encourage you to seek support. Supportive resources are available on campus, and most are at no-charge. The Carruth Center for Psychological and Psychiatric Services (CCPPS) offers consultations, short-term individual therapy, group therapy, and various mental health-related workshops. Virtual and in-person (outside of pandemic situations) services are available. Crisis services are also available 24/7/365.

Please call (304) 293-4431 to schedule an appointment or speak to a professional for help in a crisis.

For more mental health resources and information, visit the CCPPS website at:
<https://carruth.wvu.edu/>

Crisis services are also available through text: Text WVU to 741741 for support 24/7 from a trained Crisis Counselor.

(2) Short version:
Mental Health

Mental health concerns or stressful events can adversely affect your academic performance and social relationships. WVU offers services to assist you with addressing these and other concerns that you may be experiencing. You can learn more about the broad range of confidential mental health services available on campus at the Carruth Center for Psychological and Psychiatric Services (CCPPS) website:

<https://carruth.wvu.edu/>

If you are in need of crisis services, call the CCPPS main number 24/7: (304) 293-4431.