



November 8, 2010

Dear Miami Student,

I want to remind all of our students of the wide network of help, concern, and support that is available to any student who may be struggling with any of a variety of stressors in their lives. I especially want to acknowledge that at any given time there are students who may find themselves struggling so much that they consider suicide as an option for coping with those pressures. It is vital that all students know that there are resources available to them if and whenever they may experience feelings of hopelessness and desperation.

Recent national events and the media attention that has surrounded them also serve to remind us that students in our gay, lesbian, bisexual, and transgender community and others who experience a pattern of bullying may be especially vulnerable to such thoughts. Bullying, harassment, racial bias or any kind of display of disrespect for others will not be tolerated in the Miami community.

Where can you go for help? Some resources are available on-line, others through phone counseling, and others through face-to-face personal counseling (our Miami Student Counseling Service is one such resource). Some of the most utilized specialized resources are listed below. In addition to these, it is important to remember that we are fortunate at Miami with a deeply caring and accessible faculty and staff who will listen to you and/or help connect you with professional support if necessary. Also, Oxford has a vibrant and deeply caring community of faith ready and wanting to help students who may be struggling with emotional as well as spiritual concerns. We are also fortunate to have a caring and responsive student community. Remember that friends can be wonderful resources of support and that talking about such feelings to someone who knows you can be an important step to feeling better. Friends can also be a supportive bridge to ensure that you connect with professional help. Finally, my office (the Office of the Dean of Students) and the staff of the Office of Residence Life stand ready and are fully prepared to provide the care and understanding needed to help any student struggling with concerns and to connect them with appropriate professional services if necessary.

Sincerely,

Susan Mosley Howard, Ph.D.
Associate Vice President & Dean of Students

On-line resources:

MU Student Counseling Service: <http://www.units.muohio.edu/saf/scs/>

Including Screenings for Mental Health:

<http://www.units.muohio.edu/saf/scs/screenings/screenings.php>

Ulifeline: <http://www.ulifeline.org/main/Home.html>

Transition Year: <http://www.transitionyear.org/>

Itgetsbetterproject (especially for GLBT community):

<http://www.youtube.com/user/itgetsbetterproject>

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org/

24/7 Phone resources:

Community Counseling & Crisis Center Crisis Hotline (Oxford and Butler county): **513-523-4146**

National Suicide Prevention Lifeline: **1-800-273-TALK**

Face to Face professional services:

Miami Student Counseling Service: **513-529-4634**

Miami Psychology Clinic: **513-529-2423**

Oxford Community Counseling and Crisis Center: **513-523-4146**