



# Supporting Student Mental Health

Teaching and Learning Resources for Higher Education

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## CETL Teaching Tips and Resources

Full list of [Teaching Tips](#) available at [oakland.edu/teachingtips](http://oakland.edu/teachingtips).

- [OU Resources for Student Immediate Needs](#)
- [Essential Behaviors and Conditions for Learning: Learning Tip for Students](#)
- [Behind the Scenes of Academic Misconduct: Patterns in Student Experience](#)

## Faculty Handbook

Related sections in the [Faculty Handbook](#) listed below.

- [Non-Academic Behavior Concerns](#): Lists actions to take depending on severity
- [Student Support at a Glance](#)
- [Holistic Student Health](#) and [Mental Health Support](#)

## Articles

- [A 'Crisis' of Student Anxiety? The challenges to student mental health are real. They are also decades in the making](#) (CHE, 2022)
- [The Best \(and Worst\) Ways to Respond to Student Anxiety](#) (Advice, CHE, 5/2019)
- ['I Didn't Know How to Ask for Help': Stories of Students With Anxiety](#) (CHE, 3/2019)
- [Your health matters: Get a handle on stress before stress handles you](#) (OU President Ora Pescovitz, 2/2019)
- [Supporting Students Facing Mental Health Challenges](#) (Center for Research on Teaching and Learning, U-Mich)
- [Looking to Improve Students' Mental Health? Ask What They Need](#) (CHE, 1/2019)
- [How to Help a Student in a Mental-Health Crisis](#) (CHE, 12/2018)
- ["I Wasn't Trained for This.": Student Mental Health Issues, in the Classroom](#) (IHE, 2/2019)

## Podcasts

[20 episodes on Caring for Students](#), from the Teaching in Higher Ed Podcast

## Books At CETL

Check out these and other books in our collection in 430 Kresge Library. [Browse the full CETL library.](#)

Cavanagh, S. R. (2023). *Mind Over Monsters: Supporting Youth Mental Health with Compassionate Challenge*. Beacon Press.

Iarovici, D. (2014). *Mental Health Issues and the University Student*. Johns Hopkins University Press. Baltimore, MA.

Kadison, R., DiGeronimo, T.F. (2004). *College of The Overwhelmed: The Campus Mental Health Crisis and What To Do About It*. San Francisco, CA: Jossey-Bass

Levine, A. & Dean, D. (2012). *Generation on a Tightrope: A Portrait of Today's College Student*. San Francisco, CA: Jossey-Bass

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