

Dear MATC Faculty

Because mental health concerns often first appear between the ages of 18 and 25, it's our goal to provide our campus with a wide range of suicide prevention and mental health resources. One new way that we'll be supporting that initiative this year is through a 30-minute online training program called SOS for Higher Ed where participants learn:

- How to recognize signs of suicide risk
- How to have caring conversations that encourage someone to seek help
- How to build community connections that foster positive mental well-being
- An overview of available student mental health resources, on and off-campus

How to Access the Course:

- Visit mindwise.digitalchalk.com and click "Create Account"
- Enter name, email address, and chosen password, click "Create"
- Enter the redemption code **MATC** and click "Next"
- View the dashboard and select the SOS for Higher Ed course that fits your role.

We encourage everyone to take 30 minutes to learn these lifesaving skills. **Please share this information with your students or incorporate it into your Blackboard shell.**

For students who are struggling, help is available. Visit matc.edu/caps for resources or call/text/chat 988 for support 24/7.

Sincerely,

MATC Counseling and Psychological Services (CAPS)
counseling@matc.edu
414-297-7582