

Mental Health and Teaching

CUNY Policies

- [The City University of New York Policy on Equal Opportunity and Non-Discrimination](#)
- [CUNY IT Accessibility Statement](#)
- [Reasonable Accommodations and Academic Adjustments](#)

Context and history

- Overview of commonly shared mental health issues
 - [Mental Health](#)
 - [Mental Health Conditions](#)
 - [The Mental Health Crisis on College Campuses](#)
 - [Black Indigenous and People of Color \(BIPOC\) Mental Health Fact Sheet](#)
- Overview of mental health diagnoses for which students can request accommodation
 - [Accommodating Mental Health](#)
 - [Protecting Students with Disabilities](#)
 - [An Educator's Guide to Academic Accommodations for Psychiatric Disabilities](#)

Mental Health for All of Us

- Common instructor mental health challenges and recommendations
 - [Heeding the happiness call: why academia needs to take faculty mental health more seriously](#)
 - [Mental health in academia: The challenges faculty face predate the pandemic and require systemic solutions](#)
 - [Supporting Faculty and Staff Mental Health](#)
- Common student mental health behavior manifestations and recommendations
 - [College Students' Anxiety, Depression Higher Than Ever, but So Are Efforts to Receive Care](#) (University of Michigan)
 - [Student mental health is in crisis. Campuses are rethinking their approach](#) (American Psychological Association)
- Hypo-arousal and hyper-arousal in the classroom: awareness and self-monitoring
 - [Informational Article: Hyperarousal & Hypoarousal](#)
 - [Trauma, Covid-19, and the College Classroom](#)
- I belong, I matter, I contribute, I receive: framing mental health through core beliefs
 - [Core beliefs: What they are and how to identify them](#)
 - [The Role of Personal Values in Learning Approaches and Student Achievements](#)

Mental Health and Teaching

- [Teaching Students with Mental Health Disabilities](#)
- [Tackling Students' Mental Health in the Classroom](#)
- [Resilience and Learning Minds](#) (video)
- [How to Engage Students and Manage Conflict in the Classroom](#) (video)
- [Caring vs. Caretaking](#) (video)

Making referrals

- [Kognito](#)
- [Counseling Services Center](#)
- [Public Safety](#) complaint information
- [Behavioral Intervention Team \(BIT\)](#) complaint form
- [CCA](#) trainings