

April 7, 2015

Dear Members of the UW Community:

As we continue to mourn the student deaths suffered by the UW family in recent days, I feel a desire to reach out personally to each one of you -- especially our students.

It's important for you to know that it is normal to feel sad or anxious in a university setting -- especially when tragedies like these occur. Academic stress, financial challenges, relationship problems, roommate conflicts -- these are just some of the pressures that can make us think that things are too difficult. Remember, you are not alone. Your friends, your family, your teachers, counselors and advisers are ready to listen and help you through whatever you are facing.

Your well-being is essential for your success in life. If you or someone you know is struggling, it's important to ask for help. Knowing when to seek assistance is a sign of wisdom and strength.

Our vice president for student affairs, Sara Axelson, is leading the university's efforts to reach out to the university community. Contacts are being made with leaders and students in the residence halls to check on the welfare of students there. As I noted yesterday, the UW Counseling Center is open Monday-Friday, 8 a.m.-5 p.m., and is prepared to support all students. You can call an after-hours crisis counselor at (307) 766-8989 or Peak Wellness Center at (307) 745-8915. The Dean of Students Office, (307) 766-3296, is available for any emotional or academic assistance you may need.

UW employees may seek assistance through the Employee Assistance Program -- specifically, Mines & Associates at (800) 873-7138.

UW is a caring community. When a member of that community struggles, it becomes a concern for all of us. Please check with your classmates, roommates, colleagues and friends to make sure they are OK. Together, we can overcome the challenges we face.

Now is a time to be with and for one another.

All of you are in my thoughts,

Dick McGinity

President

University of Wyoming