Cardinal Community,

The Fall 2020 semester has stirred feelings of anxiety and uncertainty unlike any time in our history. The COVID-19 pandemic and resulting changes to course delivery, divisive and intense political campaigns, and the social justice issues raised after the deaths of Breonna Taylor, George Floyd and others have weighed heavily on us all.

As we enter the final stretch of the semester, we understand many students, faculty and staff may be feeling significant stress. As a community of care, we want to assure you that your mental health and emotional well-being are important to us. There are resources available to help you cope with issues you may be facing.

**Students**

Our [Counseling Center](#) offers a variety of resources, including group counseling; urgent consultation; self-care tips; coping and wellness information; and referrals to other university services and community agencies. The Counseling Center has also created a [virtual toolkit](#) with self-care tips and resources for coping with uncertain times. You can find more information on the [Counseling Center website](#) or by calling 502-852-6585.

**Faculty and Staff**

Faculty and staff have access to free counseling and life management services through the university’s [Employee Assistance Program](#). Human Resources is offering several other services (attached) designed to help battle stress.

Your well-being is important to us. We want to help you finish the semester on a strong note, so please do not hesitate to ask for help or take advantage of the variety of services offered through these centers and programs.

Best wishes for a successful finish to the fall semester.

Michael Mardis  
Dean of Students  

Mary Elizabeth Miles  
Vice President, Human Resources