Dear Students:

As our campus grapples with the challenges brought on by the economic situation, I know that many of you may already be experiencing the effects in your own lives. We have resources here to help you deal with some of these issues, including the added stress that comes from trying to cope with many things at once.

Below is a list of available resources. The Office of the Dean of Students and the Counseling and Wellness Service are always available for consultation and assistance. Their contact information is included below.

If you have financial concerns, I urge you to contact the Office of Scholarships and Student Aid. Financial assistance is available to those in need depending upon family income and circumstances. While it may not cover every situation, it can help in many circumstances – particularly if a family has lost income. Recent increases in the Federal Pell Grant, Federal Work Study and Federal Stafford Loan programs make financial aid more widely available than in previous years.

You do not have to face this stressful time alone, so don't hesitate to reach out, and also, please encourage your fellow students to do so if someone appears to need help. By looking out for each other, we can thrive as a community.

Thank you.

Counseling and Wellness Service (CWS)
Student Health Services Building, Third Floor
919-966-3658
http://campushealth.unc.edu/

Scholarships and Student Aid
111 Pettigrew Hall
919-962-8396
http://studentaid.unc.edu

Office of the Dean of Students
SASB North
450 Ridge Road, Suite 1106
919-966-4042
http://deanofstudents.unc.edu/

Academic Advising Program
Steele Building
919-966-5116
http://advising.unc.edu/

This email is sponsored by: Office of the Chancellor