



University at Buffalo

International Student Services

Office of International Education

Dear UB international student or community member,

Given the current conflict and instability unfolding in the Middle East and surrounding region, we want to reach out to our international student community. We recognize that events like this can feel deeply personal, especially when they impact your home country, your family, and communities you care about. Please know that you are an important part of our campus community, and we understand this may be a stressful and distracting time.

If you are feeling overwhelmed, worried, or simply need space to process what is happening, support is available. UB's [Counseling Services](#) offers confidential counseling and mental health support for students who would like to speak with a professional. [International Student Services](#) is also here for you, whether you have questions about your immigration status, travel considerations, or just want to talk through concerns. We encourage you to use these resources, communicate with your professors if global events are affecting your academic work, and stay connected to your support systems.

Our office remains available and ready to support you in any way we can.

Sincerely,

ISS Staff