Parents and families,

Below you will find an email message that went out to students yesterday, as we prepare to begin the undergraduate spring semester. We hope you may find the information useful in your efforts to support your student’s wellness and well-being on campus.

As families, hopefully the wellness and well-being message to students resonates with each one of us as well, as we prepare for the semester ahead and reflect on how Act, Belong, Commit will help each of us improve our wellness and support mental health.

Thanks for reinforcing the messages below with your student. Wishing everyone a healthy semester ahead!

-The Office of Parent Engagement

Dear Students,

As we begin a new semester, I want to ensure that you have important information regarding campus resources to support wellness and well-being in all aspects of your life – mind, body, and spirit. Review the information in this email and save it for a time you may need it this semester.

As you reflect on your approach to life and work as a student, we encourage you to Act, Belong, and Commit – three important steps to improving wellness and supporting mental health:

• To stay alert and engaged by keeping mentally, socially, spiritually, and physically active,
• To maintain a strong sense of belonging by developing friendships, joining groups, and participating in community activities, and
• To do things that provide meaning and purpose in life, like taking up challenges, supporting a good cause, helping others, and making a commitment to become a global citizen and informed leader, motivated by concern for the common good.

There are many resources at the university to support you in these efforts. Some are specifically designed for those moments when you may be facing challenges along the way.

First and foremost, the campus resources for student concerns or students in distress can be found on the Student Life website. For more information about what to do if you’re concerned about a student, visit www.elon.edu/shareyoucare.

The university also has a robust Emergency Response System. Numbers you want to load into your phone include:

• 336-278-5555 – Campus Safety and Police, who can also reach the Student Life administrators on-call 24/7
• 336-278-2222 – Crisis Counselor on-call 24/7
• 336-278-3333 – Safeline (confidential support and advocacy for interpersonal violence, gender-based violence, sexual violence, relationship violence, stalking, etc.)

Offices that provide holistic support, programs, and services to support your health, wellness, and well-being include:

Office of the Dean of Students
https://www.elon.edu/u/administration/student-life/dean-of-students/
Janice Ratliff Building, 336-278-7200 (daytime)
Student Life Administrator On-Call 24/7 through Campus Safety and Police, 336-278-5555
Student Care and Outreach • Health-Related Extended/Exam Absences • Leave of Absence and Withdrawal • Student Life Emergency Response System • Family Emergencies/Death of a Loved One

Campus Recreation and Wellness
https://www.elon.edu/u/campus-recreation-wellness/
Koury Athletic Center, Phoenix Activities and Recreation Center (PARC), South Gym, and the Driving Range, 336-278-7529, recwell@elon.edu
Individual and Group Exercise • Personal Training • Club Sports • Intramurals • Elon Outdoors • Elon Challenge • SPARKS Peer Education • Student Wellness Programs • Phoenix Free Recovery Community

Counseling Services
http://www.elon.edu/counseling
Individual and Group Counseling • Support Groups and Workshops • Consultation and Outreach Services • Crisis Assistance • Psychiatric Care • Referrals

Elon Dining
https://www.elondining.com/health-wellness/
Online Menus • Nutrition Information • Nutritionist Consultation

Koenigsberger Learning Center
https://www.elon.edu/klc
Belk Library / KLC, Second Floor
Academic Advising and Planning • Academic Support • Disabilities Resources • Learning Assistance • Elon 101
Student Health Services
https://www.elon.edu/healthservices
R.N. Ellington Center, appointments available online
Available services include: • Treatment for acute illness, injury, and infection • Physicals • Labs • Gynecologic services • Allergy shots and vaccination • Health education and counseling • Limited on-site prescriptions

Truitt Center for Religious and Spiritual Life
https://www.elon.edu/u/truitt-center/
Numen Lumen Pavilion, 336-278-7729
Multifaith Chaplains • Prayer, Worship, and Meditation • Student Organizations and Community Ministries • Events and Religious Holidays • Religious Observance

Notification Process

There are a couple of training programs I hope you will consider this semester, which help you strengthen skills at supporting someone in need. One is an online training you can complete on your own and the other is a workshop:

- **Kognito At-Risk: Mental Health Awareness & Intervention Training** – Kognito is an online simulation that lets you practice conversations with a virtual student, so you will know what to say in real-life. Counseling Services provides this program to the entire Elon community to help create a safer and more supportive campus. To access this free resource, use your Elon email and password to participate in the **Kognito training**.

- **Mental Health First Aid Certifications** - [Mental Health First Aid](https://www.elon.edu) provides skills and knowledge necessary to assist friends, family, or community members who might be experiencing a mental health crisis. Topics covered include anxiety, depression, suicide, and trauma. This program results in a 3-year certification. Interested participants can register for a Spring Semester course on PhoenixCONNECT by searching Mental Health First Aid. Spots are limited and fill quickly.

Attending to your health and well-being is an important part of your success at Elon. I hope you will take advantage of the resources available to you.

I join my faculty and staff colleagues across the campus in wishing you continued health, safety, and well-being. Let us know how we can support you and help you thrive at Elon!

Sincerely,

Dr. Jon Dooley
Vice President for Student Life

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