

Wellness Day Spring 2023

NC State faculty and staff,

Our NC State community is dealing with challenging times in the face of tragic losses this semester. The university recently came together to provide students with a wellness day on November 3 where many departments across campus provided students, faculty and staff with opportunities to take a break, recenter themselves and focus on their holistic well-being.

I recognize that the wellness day this fall was announced with short notice in an effort to be responsive to students and that for some it created a challenge to adjust teaching plans. With this in mind, and with the need for ongoing wellness efforts, I would like to announce the implementation of a wellness day for the spring semester on Thursday, February 16, 2023. There will be no classes held and instructors should avoid any tests or deadlines on Thursday, February 16, and Friday, February 17. My hope is that, with this advance notice, instructors will be able to make adjustments to their teaching plans that will not add to academic stressors on students or faculty.

In addition, faculty should not require absence documentation through the remainder of the academic year. Requiring documentation for absences causes additional stresses on our students, as well as our on-campus health and counseling services. If we can collectively reduce the demand on these systems for verifications, health and counseling staff will have more time to provide direct care to students. I am very appreciative of your understanding on this matter.

The university is working with our accreditation team to make wellness days an integral part of the university calendar moving forward in a manner consistent with our accreditor's expectations and policies. We will work to communicate in advance any adjustment to future calendars.

Vice Chancellor and Dean Doneka Scott has charged a Student Mental Health Task Force co-chaired by Senior Vice Provost for Instructional Programs Helen Chen and Senior Associate Vice Chancellor Lisa Zapata to identify existing resources on campus, listen to recommendations from students, faculty and staff, and provide a report of relevant findings in late January. This will be essential in helping us determine next steps in elevating the wellness of our campus community and developing a stronger network of support for everyone.

Please keep in mind these important resources:

- The [Counseling Center](#) and [Faculty and Staff Assistance Program](#) offer a variety of support services for everyone.
- The [National Suicide Prevention Lifeline](#) is a hotline for individuals in crisis or for those who want to help someone else. To speak with someone, dial 988.
- The [Crisis Text Line](#) is a texting service for emotional crisis support. To speak with a trained listener, text HOME to 741741. This free, confidential service is available 24/7.
- [NC State Wellness and Recreation](#) provides wellness programs and services for students, faculty and staff.
- The [Academic Success Center](#) provides free programs and services for students.

In addition, the counseling center has created a [toolkit](#) for faculty and others who are teaching courses at the university who wish to consider ways they can support student mental health. If you are interested in learning more about mental health assistance for students and colleagues, please consider participating in [Mental Health First Aid Training](#).

Please take care of yourself and each other.

Sincerely,

Warwick Arden
Executive Vice Chancellor and Provost