

Wolfpack Wellness Website

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Background

- Student Mental Health Task Force recommendation
 - Content mostly populated from a survey that was distributed in fall 2022
 - Over 400 resources were reported
- Solves a problem of information being siloed and spread across multiple units
- Collaboration between Division of Academic and Student Affairs and University Communications and Marketing
- Launched phase 1 in the spring and phase 2 in early August

Wolfpack Wellness

About

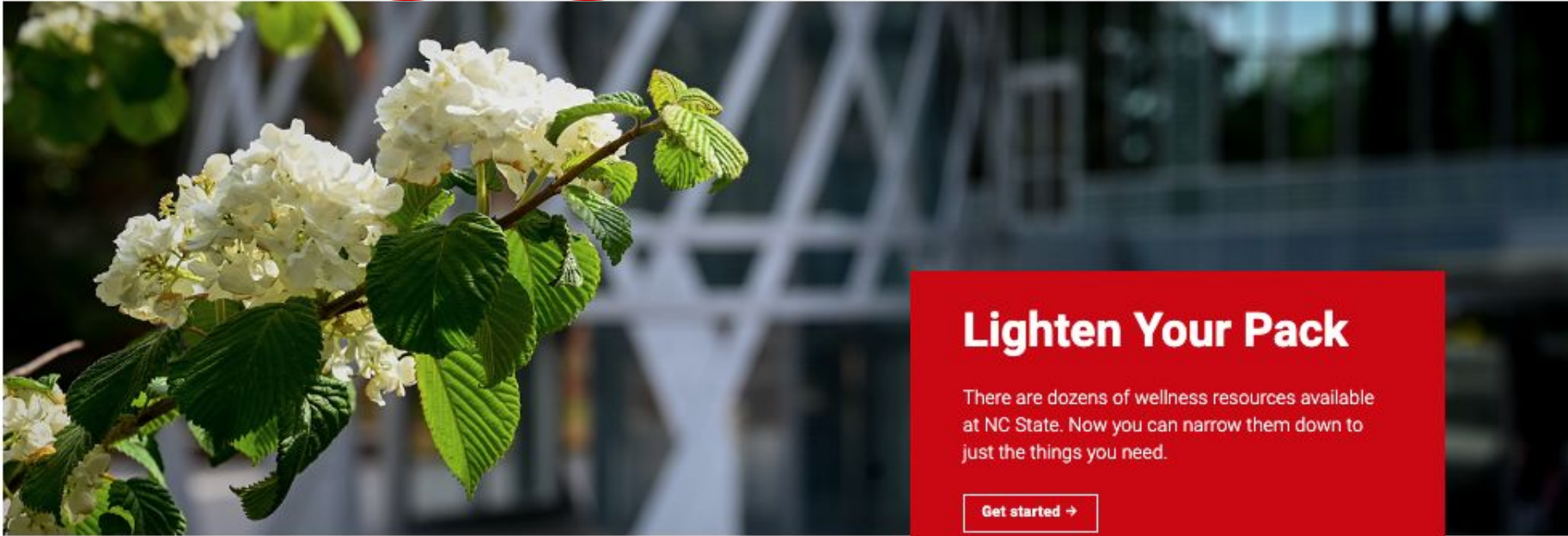
Find Help Now

Browse All Resources

Programs and Services

Events and Community

Academics and Research



Lighten Your Pack

There are dozens of wellness resources available at NC State. Now you can narrow them down to just the things you need.

[Get started →](#)



Virtual Counseling

Free telehealth therapy sessions are available to all degree-seeking students.

[Get started today →](#)



Report Concerns

NC State CARES provides early intervention to those struggling.

[Make a referral →](#)



Pack Essentials

With one application, NC State can help students experiencing food, housing or financial insecurity.

[Apply for assistance →](#)

Find Help Now

If you or someone you know is in immediate crisis, NC State and our community are here to help. Whatever you're facing, you can find someone to talk to, 24 hours a day, 7 days a week.

[Start here →](#)



wellness.ncsu.edu



Other Resources for Students

- Counseling Center
 - Embedded counseling
- AcademicLiveCare virtual counseling (go.ncsu.edu/alc)
 - Teletherapy service platform
 - Availability on evenings and weekends
 - Available across United States
 - All degree-seeking students can access up to twelve (free) appointments per calendar year
 - Shorter waiting times

Other Resources for Students

- Togetherall
 - Launching August 2023
 - Peer support platform
 - Anonymous online community available 24/7, 365
 - Self assessment tools
 - Licensed mental health professionals monitor the community

Other Resources for Students

- Headspace App
 - Launching September 2023
 - Meditation and mindfulness
 - Create mindfulness habits to support mental health
 - Stress, sleep, self-esteem, focus, movement, and more
 - Sleep and bedtime exercises

Resources for Faculty and Staff

- What we have now
 - Wolfpack Wellness
 - FASAP
- What's coming
- If you have questions - we're here to help you help our students!
 - DASA, Justin Hammond (jthammon@ncsu.edu)
 - University Communications, Mary Cole Pike (mcpike@ncsu.edu)