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# Wolfpack Wellness Badge Program

For Faculty & Staff



# Mental health crisis in higher education...

and faculty/staff are guaranteed points of contact for students.



Explore the six elements of wellness through engagement opportunities to earn your badge and display your **commitment to personal well-being**

# What is the Badge Program?

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Recognizes the completion of engagement in experience that explain personal knowledge across the **six elements of wellness:**



# Criteria

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1. Watch the [Wolfpack Wellness Overview](#) video
2. Complete at least one experience per element
3. Submit a [reflection form](#) for each experience
4. Claim your badge from Credly and display it proudly!

# Additional Resources

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There are dozens of resources available at NC State to help Faculty & Staff take charge of your wellness, tackle mental health challenges or simply find community on campus



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# Get started today!



Questions?

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