

Resources to Include in the Syllabus

Vandal Health Ed: Live Well!—

- [VHE](#)'s goal is to provide all the health education and resources you will need while on the University of Idaho campus. There are many resources on campus and in the community to address your health concerns, get help when you need it, answer tough health questions and create the building blocks to a healthy future. The "Live Well" campaign encompasses six dimensions of well-being to promote overall health and well-being. These dimensions are represented in the [Live Well wheel](#): mental well-being, physical well-being, occupational well-being, spiritual well-being, intellectual well-being, and social well-being.

Green Dot Safety Program—

- The [Green Dot safety program](#) is a bystander intervention program that gives participants the tools and resources to measurably reduce interpersonal violence in their community. The program is based on the idea that most people will intervene or prevent an act of violence from occurring if they simply are inspired to do so and have resources they feel comfortable using.

Vandal Food Pantry—

- Any student having difficulty affording groceries or accessing sufficient food to eat is urged to contact the Center for Volunteerism and Social Action at volunteer@uidaho.edu or visit Commons 301 for a list of resources and support. [The Vandal Food Pantry](#) is a free resource, open to everyone, and available at eight locations across campus. Each pantry is stocked weekly with food, grocery bags, and various hygiene items. Please feel free to notify me if you would like assistance in finding the resources you may need.

Counseling & Testing Center—

- The [Counseling and Testing Center](#) is the primary mental health agency for the University of Idaho students. The CTC are a team of highly trained professionals committed to improving mental health and well-being, providing services and support to enhance educational, emotional, psychological, social, and cultural well-being. The CTC has an unwavering commitment to social justice, equity, and inclusion, and strive to offer culturally informed services and programs by providing a safe space to be heard, appreciated, and accepted. **Schedule an appointment today by calling 208-885-6716.** The CTC is located in Mary E. Forney Hall Room 306.

VandalCARE: Report a Concern—

- When a [VandalCARE](#) Report is received, the student referred will often meet with one of our Case Managers. These professional staff members are highly trained in the resources available across campus and the community, as well as in mental health, academic skills, and other topics relevant to students. Meetings with them are friendly and caring and designed to help those who are distressed or struggling determine the best resources and plans for them. In addition to working with students, Case Managers are assigned to various departments and academic colleges across campus to provide support, training, and resources to those areas. Find out more about our Case Managers [here](#).

[Full CETL Syllabus Checklist](#)