

Honorable Mention for the 2025 Carolyn C. Mattingly Award for Mental Health in the Workplace

The Carolyn C. Mattingly Award for Mental Health in the Workplace recognizes and celebrates exemplary organizations that advance the mental health and well-being of their workforce. Learn more at theluvuproject.org.

PROGRAM OVERVIEW

Clemson University's *Elevate Well-Being* initiative represents a bold, institutionwide commitment to supporting the mental health, well-being and belonging of its more than 29,000 students, 11,000 employees and communities across all 46 South Carolina counties. Launched in 2024, the initiative unites resources under a coordinated framework grounded in *Whole Person, Whole Community, Whole System*. By integrating enterprise strategy, workplace supports, wellness ambassadors and innovative programs, Clemson embeds well-being into its culture and operations. This work strengthens student success, workforce sustainability and community resilience while preparing every member of the Clemson Family to thrive.



“I am grateful to University leadership for its dedication to advancing well-being for faculty, staff and students. Together, we are building a culture that not only supports success on campus, but also positions Clemson as a national leader in workplace mental health and well-being.”

– Anna Courie, Chief Well-Being Officer for Clemson University

LEADERSHIP AND GOVERNANCE

- **Chief Well-Being Officer** – Leads Clemson's universitywide *Elevate Well-Being* framework and embeds health and belonging into the strategic plan.
- **Clemson Well-Being Council** – A 40-member multidisciplinary body aligning resources, coordinating annual priorities and advancing institutional health and well-being.

PROGRAMS AND SERVICES

- **Employee Assistance Program** – Offers behavioral health coverage, confidential support and proactive seminars on mental health, stress and workplace safety.
- **Campus food pantries** – Employee and student pantries provide food, toiletries and essentials to support students, faculty and staff facing food insecurity or financial hardship.
- **Public transportation availability** – Improves accessibility, reduces commuting stress and supports environmental and financial well-being.

TRAINING AND EDUCATION

- **Tiger Training and development** – Tiered training from awareness modules to leadership intensives such as Tigers Together Suicide Prevention Advocacy Training and Struggle Well: Learning to Thrive.
- **Mental Health First Aid training** – Equips faculty, staff and students to recognize and respond to mental health challenges effectively.

PEER AND CULTURE-BUILDING INITIATIVES

- **Wellness Ambassadors** – 20 dean or vice president-appointed peer representatives in every college and division who identify strategic objectives for their unit to advance well-being.

COMMUNICATION AND ENGAGEMENT

- **Online blog series** – Part of Clemson's strategy to normalize mental health conversations, offering tips, resources and stories of impact.

81% of Clemson's more than 8,000 faculty, staff and graduate students have completed a pilot, online well-being training.



WELL-BEING