

AREA OF RESPONSIBILITY: HUMAN RESOURCES DEPARTMENT
RESPONSIBLE CONTACT: DIRECTOR OF HUMAN RESOURCES
POLICY IDENTIFICATION: HEALTH AND WELLNESS POLICY
EFFECTIVE: 01/2024

Virginia Union University is dedicated to supporting the overall physical and mental wellness of its students, faculty, staff, and administrators, fostering and sustaining a culture of care. The World Health Organization defines mental wellness as “*a state of well-being in which the individual realizes their abilities, cope with normal stresses of life, work productively, and contribute to their community.*” This holistic approach creates a balance that encompasses spiritual, intellectual, physical, social, occupational, and emotional health. Through the University's Employee Assistance Program, employees can access tools designed to increase their overall well-being, including emotional support.