EVERFI

Configuring Mental Well-being for Students

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Item	Location in Course	Description & Recommendations
Welcome Message & Image	Start of course, after survey 1	• Introduce the course and its purpose • Remind students of deadlines • Provide important information about your institution (e.g., your goals, expectations, support structures, social norms data, etc.) • Image size: 1200px (wide) by 1200px (high) • Example Content: President's Welcome Letter & Image of President or campus
Welcome Video	After Welcome Message	• Example Content: Video from President and/or Key Administrator • Video Upload Requirements » Upload the highest quality video possible -- HD preferred. » YouTube will adjust quality based on the viewer's connection speed. » Enable Closed Captioning for visually impaired users
Module 1 Custom Page	What is Mental Well-Being Module after "Challenges in College" page	• Custom Title & Image or Video • Example Content: Message from Student Leaders • Image size: 1200px (wide) by 1200px (high) • Sample Image
Module 2 Custom Page	Self Management Module after "Grounding Techniques" page	• Custom Title & Image or Video • Example Content: Transition of Care Guide, Handout of Campus Activities (Yoga, Meditation etc), Additional Coping Strategies (Active Minds Chapters) • Image size: 1200px (wide) by 1200px (high) • Sample Image
Module 3 Custom Page	Recognizing Challenges after "Mia's Story" page	• Custom Title & Image or Video • Example Content: Handout of Resources, Advocacy Groups: First Generation Students, "LGBTQIA, Quick video tour of counseling center • Image size: 1200px (wide) by 1200px (high) • Sample Image 1 & Sample Image 2
Module 4 Custom Page	Recognizing Challenges after Custom Page 3	• Custom Title & Image or Video • Example Content: Handout of Resources, Advocacy Groups: First Generation Students, "LGBTQIA, Quick video tour of counseling center • Image size: 1200px (wide) by 1200px (high) • Sample Image 1 & Sample Image 2

Configuring Mental Well-being for Students continued

Item	Location in Course	Description & Recommendations
Module 5 Custom Page	Seeking & Offering Help Module after "Supporting a Friend" page	• Custom Title & Image or Video • Example Content: Video Message from Peer Educators, Crisis Resources/Outreach, Confidentiality Policy • Image size: 1200px (wide) by 1200px (high) • Sample Image 1 & Sample Image 2
Module 6 Custom Page	Seeking & Offering Help Module after "Where to Turn" page	• Custom Title & Image or Video • Example Content: Video Message from Peer Educators, Crisis Resources/Outreach, Confidentiality Policy • Image size: 1200px (wide) by 1200px (high) • Sample Image 1 & Sample Image 2
Closing Letter & Image		• Summarize the purpose of the course • Provide students with important information about your institution (e.g., your goals, expectations, support structures, social norms data, etc.) • Image size: 1200px (wide) by 1200px (high)
Closing Video	After Closing Letter	• Video Upload Requirements » Upload the highest quality video possible -- HD preferred. » YouTube will adjust quality based on the viewer's connection speed. » Enable Closed Captioning for visually impaired users