



DELTA CHI

HEALTH AND WELLNESS CHAIR

BRIEF

Updated July 2025

WELCOME AND LEADERSHIP OVERVIEW

Welcome to your new role as Health and Wellness Chair! The purpose of your role is to foster a culture of mental, physical, and emotional wellness within the chapter. Wellness initiatives build brotherhood, prevent crises, and supports member retention. You're not expected to be a counselor, but you are expected to promote awareness of worthy causes and are a connector to Fraternity, campus, and community resources.

LEADERSHIP PHILOSOPHY

- **Promote Proactively:** Wellness is built through consistent visibility, not just crisis response.
- **Connect with Care:** Know how to point brothers toward help without needing to be the expert.
- **Lead with Empathy:** This role requires compassion, trust, and thoughtful initiative.

KEY RESPONSIBILITIES

- Serve as a resource and peer educator for mental health and wellness topics.
- Promote the Delta Chi Campus Assistance Program (CAP).
- Coordinate chapter participation in health awareness events.
- Connect members to and raise awareness of campus support offices (counseling, health center, peer educators, etc.).
- Track national wellness campaigns and align your chapter's calendar with them.

IMPORTANT DATES AND OBSERVANCES

National Health Observances are special days, weeks, or months dedicated to raising awareness about important health topics. Below are some selected observances that are applicable to Delta Chi, but you can view a full list at the U.S. Department of Health and Human Service's Office of Disease and Health Promotion website: [National Health Observances](#).

- **February 4:** World Cancer Day
- **April:** Sexual Assault Awareness Month
- **June:** Men's Mental Health Month
- **September:** National Suicide Prevention Month
- **Late September:** National Hazing Prevention Week (see [HazingPrevention.org](#))
- **October:** Domestic Violence Awareness Month
- **3rd Week of October:** Collegiate Alcohol Awareness Week
- **November:** Men's Health Month (see: [US.Movember.com](#))

CAMPUS ASSISTANCE PROGRAM

Delta Chi's Campus Assistance Program is a free, 24/7 confidential mental health support service available to all members.

24/7 Hotline: (866) 227-3834

or

Website: caplife.hmsanet.com

Username: deltachi

Password: myresource

You can share this with members who you notice may show signs of distress, encourage its use during exam periods, or simply regularly promote within the chapter.

WELLNESS PROGRAMMING IDEAS

You'll want to build relationships with campus and community offices focused on wellness. These may include a Student Health Promotion office, Student Health Center, Campus Counseling Center, Campus Recovery program, and more. Wellness can be promoted through educational, physical, and peer connection activities:

AWARENESS CAMPAIGNS

- Social media spotlights (ex. "Wellness Wednesdays")
- Bulletin boards or table displays within a chapter facility or tabling on campus
- Provide a "tip of the week" during your general body meeting chair report

ACTIVE EVENTS

- Coordinate or participate in walks/runs for awareness
- Attend campus group fitness classes or promote intramural team registration
- Fitness challenges (ex. walking, sleep, hydration)

SUPPORT CAMPUS PROGRAMMING

- Collaboration with peer health educators (or encourage members to get trained)
- Mental health first aid training
- Substance abuse or addiction prevention sessions
- Tobacco cessation classes

OFFICER AND CAMPUS COLLABORATION HIGHLIGHTS

As the Health and Wellness Chair, you should work with a committee to help brainstorm and plan events, or to raise awareness of things already happening on campus or within your local community. Your committee can help with coordinating with campus partners, managing communication, assisting with promotion, and evaluating which efforts are impactful for your chapter. Encourage diverse member participation to build a culture where wellness is seen as a shared responsibility.

You'll typically work with the following key positions within the chapter:

- **"F"**: Coordinate joint programming for wellness initiatives like National Hazing Prevention Week, Collegiate Alcohol Awareness week, and more.
- **AMC**: Co-facilitate educational sessions for Associate Members focused on the dimensions of wellness, or incorporate conversations based on learning from the Associate Member's completing the Tightrope online learning modules.
- **"A"**: Use the results of your chapter's Membership Experience Survey to identify trends and tailor outreach programming to the needs of the chapter.
- **Brotherhood Chair**: Incorporate wellness activities into regular brotherhood events.
- **ABT Member Education Advisor**: They can offer you support and guidance for program planning, member support coaching, or reviewing community resources.

YOUR LEGACY

As Health and Wellness Chair, you help create a chapter culture rooted in care, resilience, and brotherhood. Whether you're offering a wellness tip, hosting a mental health session, or just being a supportive listener, your leadership matters. The healthier the chapter, the stronger our members. Lead with empathy, and don't be afraid to ask for help yourself.