ACTION ITEMS AND ANNOUNCEMENTS

Alternative Work Strategies Staff Survey

Have you filled out the Alternative Work Strategies staff survey? Check your inbox for a May 5 email, which includes an individualized link to the survey. You have until May 18!
Read more.

Updated Staff Handbook

Human Resources is pleased to introduce an updated Staff Handbook. The Staff Handbook is reviewed annually to ensure we continually provide you with the most current information on our policies and programs. Visit the HR website to learn more about this year's updates.

Diversity, Equity, and Inclusion Live-Virtual Workshops

Did you know the HR team offers monthly DE&I workshops? These workshops are held in an interactive live-virtual format. Register for upcoming workshop dates via myHR Learn by visiting our LEARN From Where You Are virtual workshop calendar.

The Latest from HR

For more HR updates, read this week’s Northwestern Now.

May is Mental Health Awareness Month

Mental health includes our emotional, psychological, and social well-being. We encourage you to take advantage of the free Well-being Resources available to you including individual and family counseling through the Northwestern Employee Assistance Program (EAP).

Quick links to helpful mental health resources:
Mental health myths and facts
Mental Health America resources
Northwestern, local and national resources

May 17 is Northwestern University Night at Wrigley Field

Celebrate Northwestern faculty, staff, students, alumni and fans of Northwestern University at the 6:40 p.m. Cubs game on May 17. The Northwestern Special Ticket Offer includes a ticket to the Cubs-Pirates game at Wrigley Field and a special-edition Cubs and Northwestern University cap. Come out and show your Purple Pride! Learn more and purchase tickets.

Mental Health First Aid Trainings Provided by HR

Mental Health First Aid (MHFA) is an evidence-based training created by the National Council for Mental Wellbeing. Participants will learn skills to identify, destigmatize, understand and respond to signs of mental illnesses and substance use disorders, enabling those trained to offer immediate, concrete support. Register to attend on the Evanston or Chicago campus.

Evanston Campus, May 25, 9 a.m. – 4:30 p.m. | Register here.
Chicago Campus, June 14, 9 a.m. – 4:30 p.m. | Register here.

Apply for a Wellness Grant

Apply for a grant on behalf of your team, office, department or school this spring. Grants are intended to help support the well-being of faculty and staff by providing funding for wellness activities, events and/or space. Applications will be accepted through May 27, 2022. Learn more.

Got Feedback?

We are re-imagining the HR Newsletter. Please tell us what content you find the most helpful.

Join the YourLife Mailing List

YourLife is our employee wellness program in which a variety of well-being resources and programs are provided. Join the mailing list to receive up-to-date communications about upcoming programs, events and resources.