

# STRENGTH IN MIND: UCU CHAMPIONS MENTAL WELLNESS FOR ITS WORKFORCE



Urdaneta City University (UCU) continues to prove that caring for people goes beyond the classroom. Through its mental health support initiatives, the university ensures that both teaching and non-teaching personnel receive the emotional and psychological care they deserve.

Recognizing the growing need for workplace wellness, UCU has organized several programs dedicated to strengthening mental resilience among its staff. Seminars such as "Activating the Infinite Potentials in Mental Health towards Ethical Leadership" and "Coping Mechanisms for Well-Being" were conducted to provide employees with practical tools for managing stress, maintaining balance, and nurturing a positive mindset.

These sessions—facilitated by mental health professionals—offered safe spaces for open dialogue and self-reflection. They also encouraged staff to embrace empathy and mindfulness in their daily work, reinforcing UCU's culture of compassion and care.

Beyond training, the university provides continuous access to counseling and mental health support through its Psychological Assessment and Counseling Center, which caters to both students and personnel.

Aligned with the United Nations Sustainable Development Goal 3 (Good Health and Well-Being), UCU's initiatives affirm its belief that mental health is not just a personal concern, but a shared responsibility. By prioritizing the well-being of its workforce, the university cultivates a stronger, more compassionate academic community—one that leads with both intellect and heart.

**MAKE SDG#3 A REALITY**

