



BATANGAS STATE UNIVERSITY

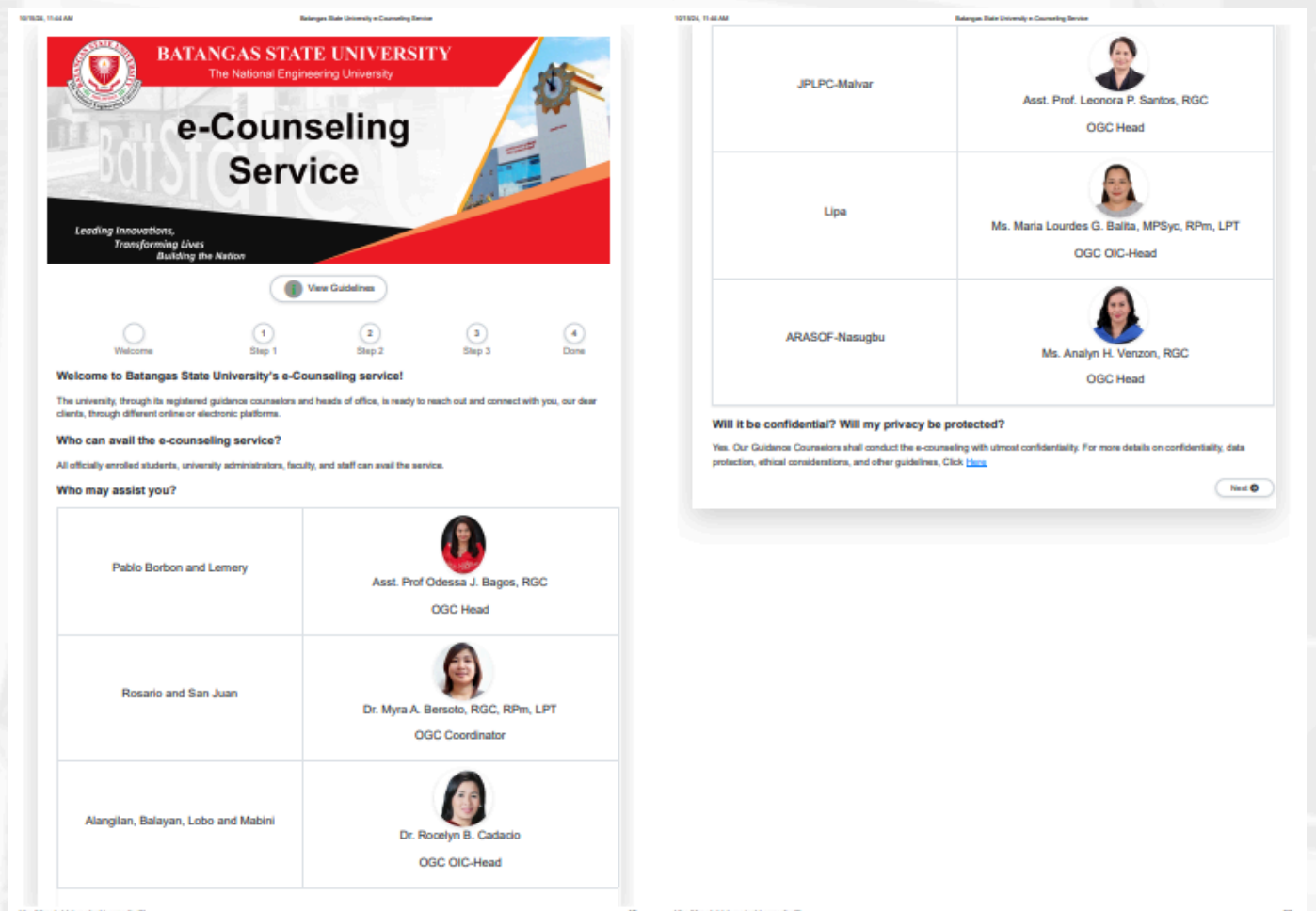
The National Engineering University

Batangas State University: Steadfast Commitment to Promote Mental Health Among Students

Batangas State University is dedicated to prioritizing and safeguarding the mental health of its students, recognizing the integral role mental well-being plays in academic success and overall quality of life. The university has implemented a comprehensive range of programs and initiatives aimed at promoting mental health awareness, providing support services, and creating a positive environment conducive to personal growth and development.

1. MENTAL HEALTH COUNSELING SERVICES

The Office of Guidance and Counseling across its constituent campuses offers accessible mental health counseling services to support students in managing their mental health and well-being. These services are designed to provide a safe and confidential space where students can discuss their concerns and challenges with trained professionals. By ensuring that mental health resources are readily available, the Office aims to empower students to seek help when needed, facilitating their personal growth and academic success. **Each student can access the e-counseling services link directly through their personal portal.**



2. PROMOTING A HEALTHY CAMPUS CULTURE THROUGH SOCIAL MEDIA AND BULLETIN BOARDS

The university is dedicated to fostering a positive campus culture that values mental health and well-being. As part of this commitment, the university actively promotes uplifting messages by posting motivational and positive quotes on bulletin boards and its Facebook page. These initiatives aim to inspire students, staff, and faculty, encouraging them to prioritize their mental health and support one another. By sharing these encouraging messages, the university cultivates an environment of positivity and resilience, reinforcing the importance of mental well-being within the campus community.





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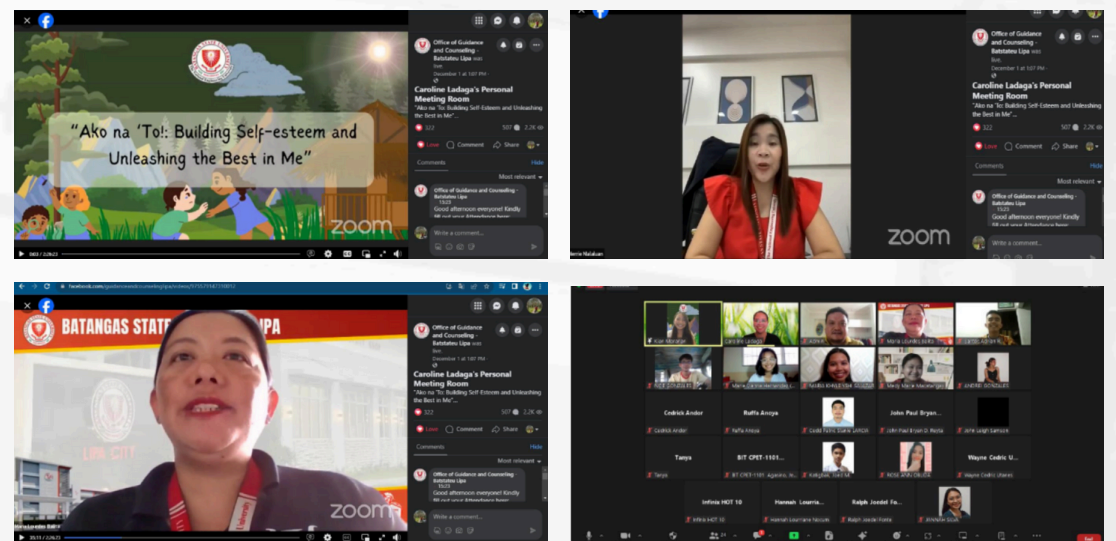
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3. WEBINARS

BatStateU-Lipa Campus Mental Health Support

The Office of Guidance and Counseling regularly organizes mental health awareness campaigns and events to educate students about the importance of mental health and reduce stigma. These initiatives encourage open discussions, promote understanding, and empower students to seek help when needed.

The Office of Guidance and Counseling celebrated its OGC Week 2023 from April 25- 28, 2023. The office prepared some activities and webinars for the students, faculty, and employees for them to commemorate the office and its function. One of these is a webinar with the topics “**Toxic Positivity and Self-care**” and “**How to Deal with Toxic Relationship?**”, and a seminar for OGC Personnel, “**OGC Cares: Commitment in Making a Difference to the Life of Every Red Spartan**”.



Batangas State University – Lipa Campus (BatStateU-Lipa) recently held a mental health webinar to prioritize student well-being. The event, organized by the Guidance and Counseling Office, featured a talk by a renowned psychologist. The speaker discussed various mental health topics, including stress management techniques, coping mechanisms, and the significance of seeking professional help.

Students were encouraged to ask questions and share their experiences during an open forum. The webinar concluded with a certificate presentation to the speaker.

4. STUDENT VOLUNTEERING AS PEER FACILITATORS

The university fosters a sense of community through peer support initiatives, where trained student volunteers provide encouragement and a listening ear to their classmates. This program creates a supportive network and encourages students to reach out for help from their peers.

Peer facilitation is one of the services that the Office of Guidance and Counseling offers to the students of the University in order to ensure the emotional development of the students and to let them realize their capacity to positively enhance their personality and influence others.

The Office of Guidance and Counseling conducted a seminar-workshop to twenty-one (21) STEP Advocates on November 24, 2023 with the theme “Advocating Positive Influence: Students Helping Students to Move Forward”. The objective of this event was to develop well rounded, responsible and compassionate students who can make a difference in the University to directly bring responsive services to their co-students and influence them positively.

