



University : National Chin-Yi University of Technology
Country : Taiwan
Web Address : www.ncut.edu.tw

[SDGs 3] Good Health and Wellbeing

[3.3.5] Does your university as a body provide students with access to mental health support?

The dedication of the **Counseling Center** at NCUT to offering comprehensive support reflects its commitment to student well-being. The center provides a range of services, including **mental health counseling, academic guidance, and career planning**, which ensure that students receive emotional and practical support throughout their time at the university.

In addition to **one-on-one counseling**, the center organizes **workshops and group sessions** that address key issues such as stress management, interpersonal relationships, and mental health awareness. These initiatives help students develop coping skills and enhance emotional resilience. The center also plays a crucial role in **early intervention programs** by identifying at-risk students and offering targeted support.

Moreover, the Counseling Center ensures privacy and fosters a non-judgmental environment, encouraging students to seek help when needed. NCUT's efforts align with the broader goals of **student wellness and academic success**, contributing to a supportive campus environment.

These initiatives demonstrate NCUT's commitment to ensuring **holistic development**, helping students thrive both personally and academically.

The counseling center primarily focuses on providing psychological counseling services to students. The center has implemented a three-level prevention plan in its counseling work. This approach is designed to enhance the comprehensiveness of the school's counseling services by addressing various aspects of student well-being.

The three levels of prevention include:

Primary Prevention: This level involves implementing initiatives and programs that aim to address and prevent issues at their root. It focuses on promoting mental health and well-being among the student body as a whole.

Secondary Prevention: In this stage, the center offers more targeted and refined assistance to students who may be facing specific challenges or issues. It involves early intervention to prevent problems from escalating.

Tertiary Prevention: The network for tertiary prevention is developed to provide support and interventions for students who may be dealing with more complex or severe issues. This level of support is tailored to meet the specific needs of individual students.



By implementing these three levels of prevention, NCUT's counseling center strives to create a comprehensive system that supports the mental and emotional well-being of its students at all stages of their academic journey.

On-site psychiatric doctor service

To address the mental health needs of both teachers and students, we collaborate with the MOE mental health promotion plan. Our Consultation and Assistance Center includes a dedicated consultation room staffed by psychiatric doctors who address issues such as insomnia, emotional instability, mental and physical symptoms, and drug-related concerns. From 2021 to 2023, a total of 112 hours of consultations were provided to 50 individuals, the overall feedback reaches 100% satisfaction

The Fundamental Education Center arranged courses on positive thinking and stress release to help students improve their individual experiences of positive emotions, alleviate body and mind stress, and counteract negative energy. Through these courses, students learn how to discover their positive potential and adopt a proactive lifestyle by facing stress and frustration with a proper perspective on incidents. They also learn to enhance rational communication, cultivate a passion for life, appreciate happiness and the meaning of life, develop good interpersonal skills, care for local communities, and explore aspects of happiness, physical and mental health. In the 2020-2022 academic years, a total of 418 students took part in 9 courses, as shown in the following Table.

Table Effectiveness of offering healthy physical and mental courses for students

Year	Courses	Participants	Subtotal
2020	2020-1 Positive thinking and happy life	50	172
	2020-1 Positive stress relief and transition of body and mind.	45	
	2020-2 Positive thinking and happy life.	34	
	2020-2 Positive stress relief and transition of body and mind.	43	
2021	2021-1 Positive thinking and happy life	61	152
	2021-1 Positive stress relief and transition of body and mind.	44	
	2021-2 Positive thinking and happy life	47	
2022	2022-1 Positive thinking and happy life	60	94
	2022-1 Positive thinking and happy life	34	



The promotion of the activity



Reception Area



Consultation Room



The Activities of Counseling Center