



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

[SDGs 3] Good Health and Wellbeing

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

NCUT is dedicated to fostering a healthy, balanced, and supportive workplace. Recognizing that staff well-being directly affects productivity and morale, the university provides a comprehensive range of mental-health care services, prevention programs, and stress-management activities to ensure that every employee feels valued and supported.

1. On-Campus Counseling Services

- **Individual Counseling:**
 Licensed psychologists and counselors provide one-on-one consultations to help staff manage anxiety, depression, burnout, and personal challenges.
- **Group Counseling and Workshops:**
 Periodic workshops emphasize stress management, communication skills, and emotional resilience. Group sessions also promote peer empathy and collective support.
- **Confidentiality:**
 All counseling sessions are strictly confidential, following Taiwan’s *Personal Data Protection Act* and related laws.

2. Employee Assistance Program (EAP)

NCUT operates an Employee Assistance Program, jointly administered with the *Taichung Lifeline Association*, offering:

Service	Description
24/7 Helpline	Professional psychological consultation via phone for crisis intervention or urgent emotional support.
Face-to-Face Counseling	Up to 4 one-hour sessions per academic year are free of charge. Additional sessions are available at the staff member’s own expense.
Referral Services	When necessary, counselors refer staff to external mental-health institutions for specialized treatment.

Scheduling

Appointments can be made Mon–Fri 09:00–12:00 / 14:00–17:00 via 04-22089595. Cancellations must be made at least three working days in advance.

3. Wellness and Stress-Relief Activities

To encourage regular exercise and mental relaxation, NCUT’s Personnel Office runs continuous “Healthy Body & Mind” campaigns:

- **Healthy Aerobic Go Go Go!** – A stair-climbing challenge from the 1st to 5th floor of the Engineering Building; participants receive wellness gifts.
- **Roller-Relaxation Workshop** – Lunchtime sessions teaching muscle-release techniques using rollers to relieve stress (limited to 15 participants).
- **Health 999 Walking Challenge** – Faculty record daily step counts and upload data to Google Cloud; participants maintaining consistency receive small prizes.
- **Traditional Chinese Medicine (TCM) Seminar** – A licensed TCM doctor explains immune-boosting and stress-reduction methods for post-pandemic care.
- **Psychological Health & Weight-Management Workshop** – Online lecture led by psychologists on combining physical activity and mental relaxation to manage weight and reduce stress.

4. Mental-Health Promotion and Training

- **Awareness Campaigns:**
Regular seminars educate employees about mental-health issues, aiming to reduce stigma and foster a culture of openness.
- **Mental-Health First Aid Training:**
Selected staff receive training to identify early signs of mental distress and provide immediate peer support.
- **Mindfulness and Yoga:**
The university gym offers weekly yoga and meditation sessions to cultivate relaxation and focus.

5. Flexible Work and Leave Policies

- **Flexible Scheduling:** Allows employees to adjust work hours to balance personal and professional demands.
- **Mental Health Leave:** Staff can take short mental-health breaks without affecting regular annual leave.



- **Hybrid Work Options:** Certain administrative roles can work remotely during high-stress periods, with supervisor approval.

6. Monitoring and Continuous Improvement

The Personnel Office conducts annual satisfaction surveys and focus-group discussions to evaluate program effectiveness. Feedback informs adjustments to counseling availability, workshop themes, and scheduling. Collaboration with the *Taichung Lifeline Association* ensures compliance with best-practice standards in psychological support.

7. Impact and Alignment with SDG 3

Through these comprehensive initiatives, NCUT directly advances **UN Sustainable Development Goal 3: Good Health and Well-Being**, particularly target 3.4 (reduce mortality from non-communicable diseases and promote mental health).

The program nurtures:

- A mentally resilient workforce capable of sustaining innovation and academic excellence.
- A caring institutional culture where emotional well-being is prioritized alongside professional achievement.
- A model of higher-education wellness management that can be replicated by other Taiwanese and international institutions.

NCUT's proactive and holistic approach to staff mental-health care—combining counseling, education, wellness programs, flexible policies, and continuous evaluation—demonstrates its long-term commitment to a healthy, inclusive, and productive academic community. The university's policies ensure that every staff member has equitable access to mental-health resources, contributing to a sustainable and compassionate campus ecosystem.

[在宅抗疫心生活線上心理健康支持方案 - 心理諮詢](#)

[在宅抗疫心生活線上心理健康支持方案 - 線上團體](#)

[員工協助方案專區](#)

國立勤益科技大學員工關懷及轉介作業流程

一、一般個案處理流程

