



Metric 3.3

Saint Louis University

Partnering with government and non-government institutions in support of the local community



3 GOOD HEALTH AND WELL-BEING



Indicator 3.3.5



Saint Louis University

Caring for the self and calming the mind



3 GOOD HEALTH
AND WELL-BEING



Saint Louis University

Mental Health Support



SLU - Center for Counseling and Wellness

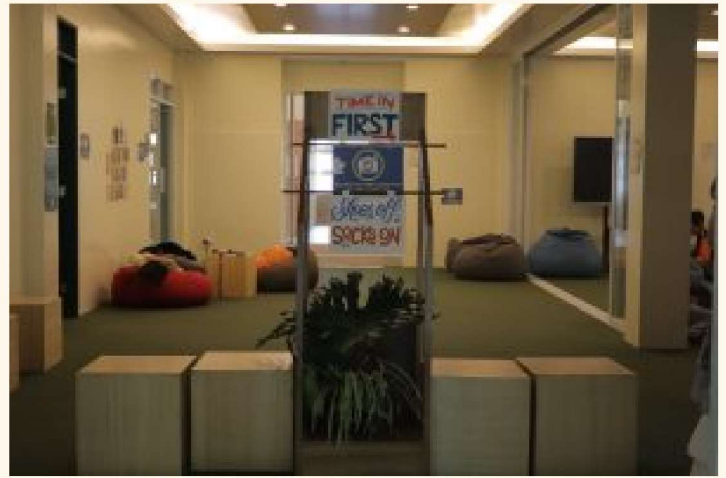
<https://www.slu.edu.ph/support-services-for-mental-health-services/>

The Center for Counseling and Wellness at Saint Louis University supports the mental health and well-being of students, faculty, and staff. Offering confidential counseling services for issues such as stress, anxiety, depression, academic difficulties, and personal challenges.

Also, the center provides professional guidance and psychological aid through evidence-based therapeutic approaches. In addition to individual counseling, the center offers consultations, workshops, and wellness programs to promote mental wellness, emotional resilience, and stress management, helping the university community maintain a healthy and balanced lifestyle.

Saint Louis University

Mental Health Support



Talged Center

<https://www.slu.edu.ph/2024/07/24/talged-center-bringing-to-light-slus-safe-space/>

The Talged Center at Saint Louis University established on 23 July 2024 at the Fr. Hugo Delbaere Building, serves as a dedicated social and safe space for both students and faculty. Its primary function is to offer a comfortable and inclusive environment where individuals can relax, unwind, and engage in meaningful social interactions.

Designed as a "third space" beyond home and classroom, the Talged Center promotes well-being and provides a peaceful personal time setting, fostering a sense of community and support. Whether for casual conversations, rest, or quiet reflection, it is a sanctuary that encourages relaxation, connection, and the university community's overall mental and emotional health.

The Talged Center strengthens SLU's commitment to holistic well-being, emotional resilience, and psychological safety.



SLU's Day of Pause (A breather for employees of SLU)

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2025/04/30/day-of-pause-appreciating-art-with-one-louisian-heart/>



Saint Louis University's Commitment to Mental Health and Well-being through the Day of Pause

In line with UN SDG 3: Good Health and Well-being, Saint Louis University (SLU) fosters a culture of mental wellness and balance through its annual Day of Pause. Declared on 30 April 2025, this university-wide initiative encouraged students, faculty, and staff to step away from daily demands to embrace rest, reflection, and renewal. Highlighted by SPOTLIGHT II, a creative showcase by the Center for Culture and the Arts (CCA), the event used music and performance to cultivate peace, mindfulness, and community connection. By valuing stillness as much as productivity, SLU affirms its commitment to the holistic well-being of its community—recognizing that mental health and creativity are essential to learning, service, and human flourishing.

SLU Reaches out: A Morning of Healing and Hope at CFSPI

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2025/05/09/slu-reaches-out-a-morning-of-healing-and-hope-at-cfspi/>



On 26 April 2025, Saint Louis University (SLU), through the SLU Center for Counseling and Wellness (CCW) and the Health Services Unit (HSU), in collaboration with the Finance Office, conducted an outreach activity at Child and Family Services, Philippines, Inc. (CFSPI) in Manzanillo Village, Guisad, Baguio City.

The outreach with the theme, “A Day Embraced by Grace, Gratitude, Safe Haven and Hope”, focused on promoting emotional resiliency and health awareness among 18 young girls residing at the center. The CCW team facilitated psychological processing sessions designed to enhance emotional regulation and healing, while the SLU Medical and Dental Clinics HSU team conducted a health and sanitation talk emphasizing safety, protection, and self-care practices.

After the sessions, the team distributed hygiene kits, grocery food packs and shared a luncheon with the girls, fostering a deeper sense of connection and community.

It was truly a day of compassion, healing, and hope – a testament to SLU’s commitment to service beyond the workplace. This outreach activity advanced United Nations Sustainable Development Goal 3: Good Health and Wellbeing and embodied the spirit of Laudato Si’ No. 70, which calls for a renewed sense of responsibility toward the vulnerable and marginalized members of society.

Psychological First Aid training prepares students for Mental Health Crisis management

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/10/17/psychological-first-aid-training-prepares-students-for-mental-health-crisis-management/>

Fifty-three students from the School of Teacher Education and Liberal Arts (STELA) attended the first phase of the PFA training provided by the Center for Counseling and Wellness (CCW) in collaboration with the SSC-STELA assembly last 8 October 2024. This initiative is in line with the worldwide campaign for suicide prevention. This year, the World Health Organization (WHO) focused on the theme “Changing the Narrative on Suicide” with a call to action to “Start the Conversation.” At SLU Center for Counseling and Wellness, we aim to support this global effort through our campaign, “Hope for Tomorrow,” by fostering conversations and skills development that focus on suicide prevention and mental health.

The Psychological First Aid (PFA) Training is designed to equip participants with the skills to effectively respond to mental health crises and provide an opportunity to build a community of student volunteers who can contribute to crisis management efforts on campus. The training marks the first phase of creating a volunteer network of Louisian students skilled in PFA service delivery. Future phases will include strategic planning and the development of protocols for crisis response. Additionally, this initiative aims to foster a strong “circle of confidence” to establish a supportive system for volunteers as they serve their peers and the wider community.

Participants are not only equipped with valuable skills but are considered to be important contributors to the call for community-based mental health programs. This endeavor is aligned with SDG 3 on health and wellbeing as well as CICM’s core advocacy for peace. This critical effort aims to promote hope, understanding, and support within the Louisian community during any mental health crisis through the power of skills sharing and collaboration.



SLU celebrates National Mental Health Month 2024

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/10/10/slu-celebrates-national-mental-health-month-2024/>

Saint Louis University, led by the Human Resource Department (HRD), celebrated National Mental Health Month on 10 October 2024 with the theme, "It's Time to Prioritize Mental Health in the Workplace."

Through HRD's advocacy, "Your Mental Health Matters. You are human first before you are a resource," NAVI went around the SLU Main campus meeting Louisians in their blue T-shirts symbolizing solidarity for mental health. NAVI's involvement in the advocacy not only brought fun and happiness, but also became a meaningful element to the campaign.

This celebration served as a reminder to prioritize mental health in today's modern environment where stress and pressure are common. Indeed, an awareness of mental health is essential to everyone's overall well-being.

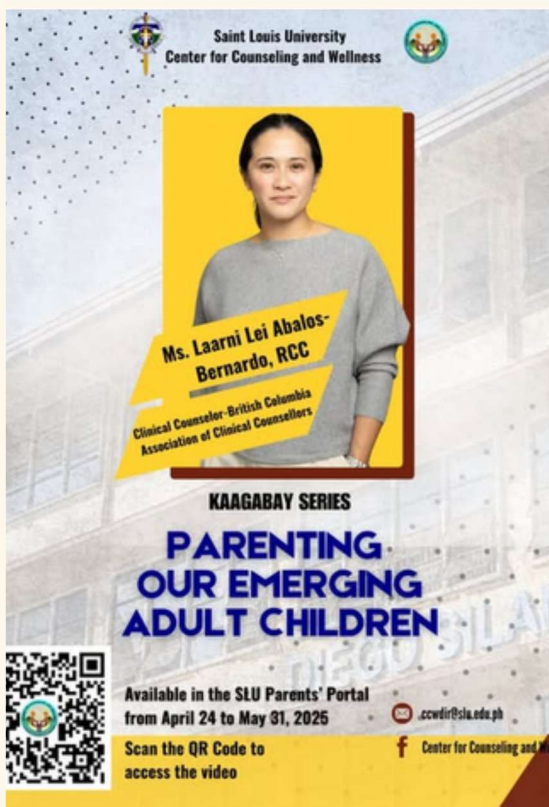
National Mental Health Month not only reflected the CICM Advocacy of Justice, Peace, and Integrity of Creation (JPIC) but also aligned with the United Nations Sustainable Development Goals (SDGs), specifically Good Health and Well-Being (SDG 3) and Decent Work and Economic Growth (SDG 8).



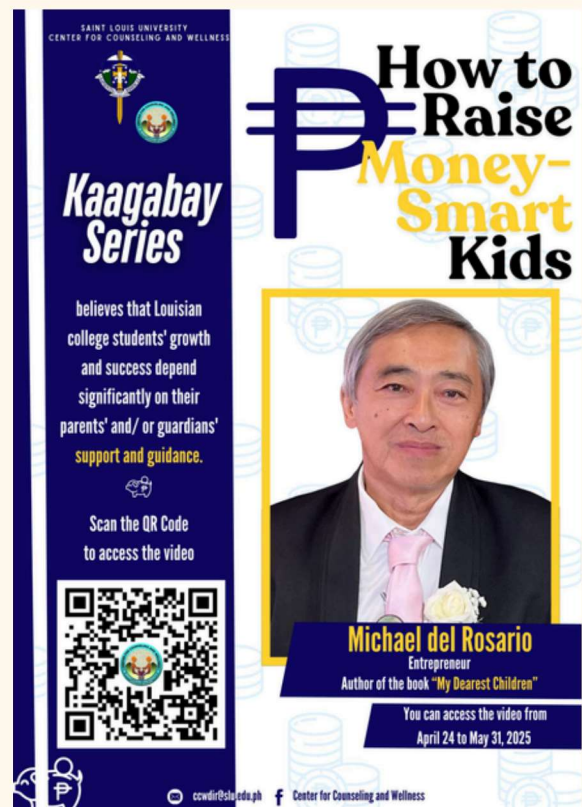
The SLU-CCW Kaagabay Series Presents

The **Kaagabay Series Program** is an initiative of the Center for Counseling and Wellness (CCW) that strengthens SLU's support network for student well-being by engaging parents and guardians as active partners in student success. The program provides families with appropriate tools, guidance, and knowledge to help students navigate academic challenges, manage stress, and adapt to the demands of college life.

By fostering a supportive home-school collaboration, the Kaagabay Series enhances students' mental health, resilience, and overall well-being, contributing to a more inclusive and nurturing environment aligned with SLU's commitment to student welfare.



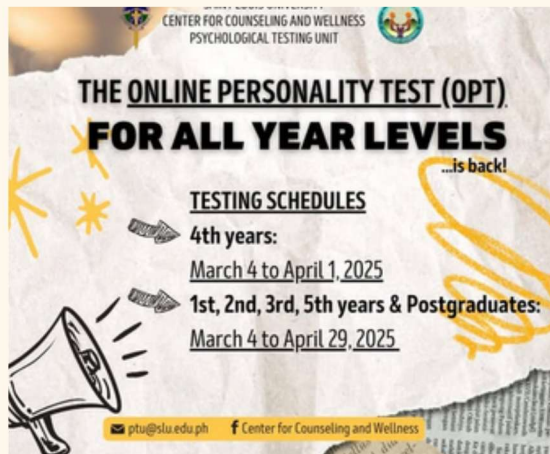
As part of this initiative, CCW organized learning sessions such as “Parenting Our Emerging Adult Children,” which offered strategies for effectively guiding children as they move toward independence and navigate early adulthood.



Another session, “How to Raise Money Smart Kids,” provided parents with practical approaches to helping their children develop financial responsibility and sound decision-making skills.

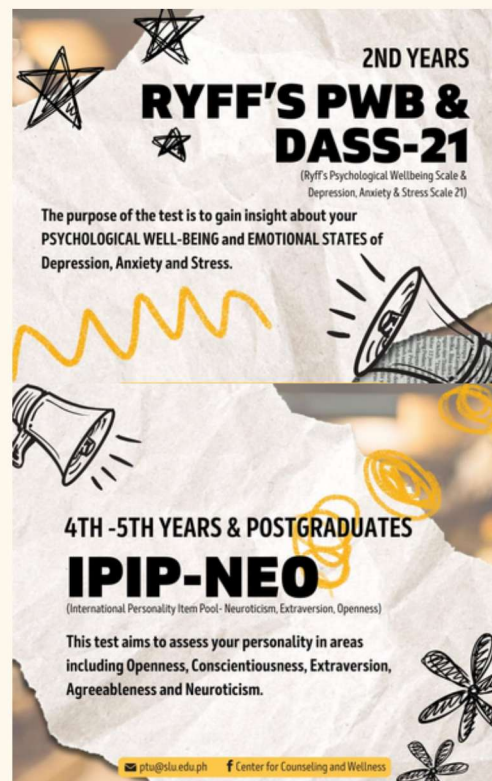
These learning events, accessible through the SLU iPortal for parents and via QR codes, strengthen home-school collaboration and contribute to a nurturing environment that supports students' mental health, resilience, and overall well-being—aligned with SLU's commitment to THE Indicator 3.3.5.

Promoting Self-awareness and Mental Well-being through the Online Personality Test (OPT)s



In its continued commitment to mental health and well-being, Saint Louis University (SLU), through the Center for Counseling and Wellness–Psychological Testing Unit (CCW-PTU), relaunched the Online Personality Test (OPT) for the 2025 academic year. The OPT provides students with insights into their personality traits, strengths, and growth areas—empowering them to understand themselves better and make informed personal and academic choices.

All year levels, except fifth-year and postgraduate students, are required to participate, with guided interpretations provided through asynchronous materials or Big Group Interpretation (BGI) sessions. This initiative reinforces SLU's holistic approach to education, nurturing not only intellectual growth but also emotional and psychological wellness within its university community.



Celebrating Love and Wellness: Saint Louis University's SEAHS Cornelia Booth Promotes Well-Being and Unity for Valentine's Day

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/03/05/seahs-launches-cornelia-booth-in-celebration-of-valentines-day/>



The School of Engineering and Architecture Honor Society (SEAHS) at Saint Louis University organized the "Cornelia Booth" at the Main Campus on February 12 and 15, 2024, as a creative celebration of Valentine's Day inspired by Taylor Swift's "Cornelia Street." The booth combined themes of romance, community, and innovation.

Student members, referred to as Probies, led the initiative to create an engaging environment that encouraged love and connection. Attendees could purchase flowers and a variety of treats, including homemade cookies and cupcakes, and participate in trivia activities focused on love songs, films, and Valentine's Day facts. This approach fostered an inclusive and enjoyable atmosphere.

The event was intentionally aligned with the United Nations Sustainable Development Goals (SDGs), specifically SDG 3 (Good Health and Well-being), by emphasizing emotional wellness and community connection. It specifically aligns with Indicator 3.3.5: Mental health support for students, as the event's intentional focus on fostering "love and connection" and an "inclusive and enjoyable atmosphere" directly contributes to the required demonstration of the "active promotion of good mental health" among students.

Furthermore, as a student-led project (by the SEAHS Honor Society) intended to improve well-being in the community, it also fits the broader definition of a Health outreach program (Indicator 3.3.2) focusing on "other health and well-being related topics".



Saint Louis University's ECE Cup 2024: Fostering Sportsmanship, Teamwork, and Well-Being

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/04/03/iecep-slu-sc-puts-together-successful-ece-cup-2024/>

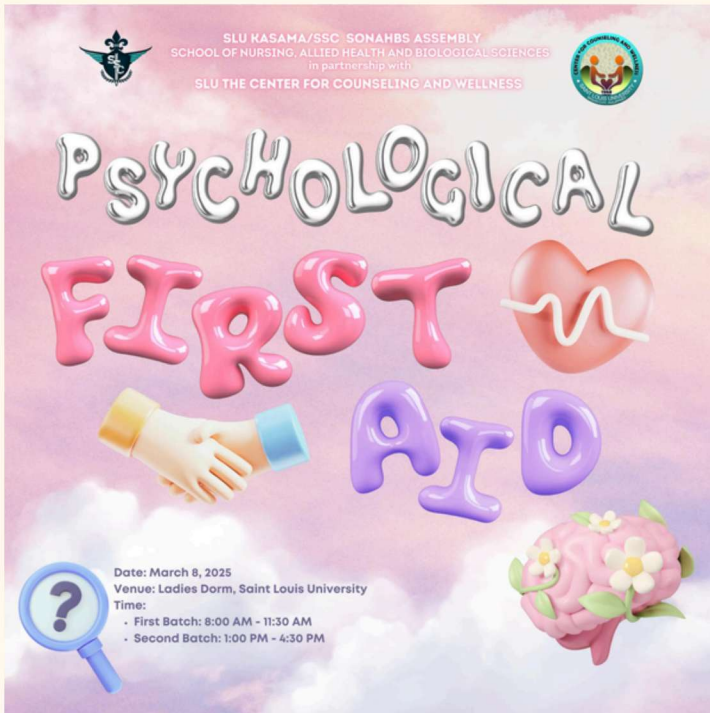


On March 17, 2024, the Institute of Electronics Engineers of the Philippines – Saint Louis University Student Chapter (IECEP-SLU SC) hosted the ECE Cup 2024 at the Maryheights Campus. This event offered Electronics Engineering students an opportunity to demonstrate their athletic abilities through activities such as basketball, volleyball, chess, and badminton. The program began with an opening procession, prayer, and oath-taking, followed by warm-up exercises and competitive matches. The ECE Cup aimed to develop sports skills, encourage teamwork, and promote healthy competition. It also supported four UN Sustainable Development Goals: improving health and well-being, advancing gender equality, reducing inequalities, and fostering peace and strong institutions.

The ECE Cup 2024, while featuring competitive sports such as basketball, volleyball, chess, and badminton, falls under Indicator 3.3.5: Mental health support for students by actively promoting good mental health. The event's explicit focus on building resilience, community spirit, and holistic well-being within the university, alongside celebrating camaraderie and excellence, addresses the emotional and social components essential for student wellness and supports the broader goal of SDG 3.



Student initiated activities fostering Mental Health Awareness



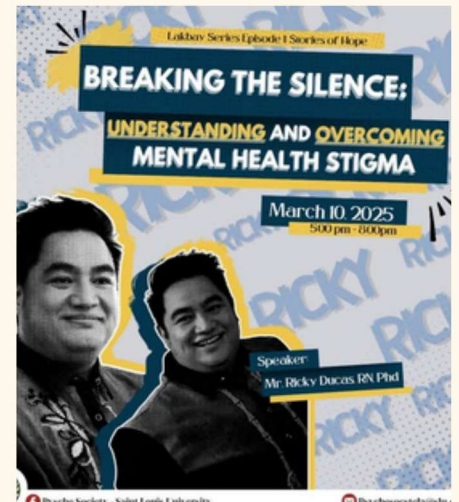
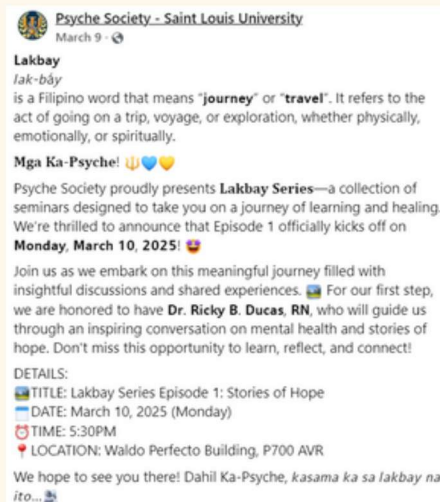
Published in the **SLU KASAMA/SSC-School of Nursing, Allied Health, and Biological Sciences FB Page:**

<https://www.facebook.com/photo/?fbid=1064528245714100&set=a.466492528851011>

Saint Louis University continues to strengthen its commitment to student well-being through a series of mental health-focused programs led by the Center for Counseling and Wellness (CCW) in partnership with student organizations. These initiatives equip students with knowledge, practical skills, and supportive spaces that foster emotional resilience, crisis readiness, and a deeper understanding of mental health challenges.

One of the activities held was the Psychological First Aid (PFA) Training, a capacity-building workshop designed to prepare students to respond compassionately and effectively during times of crisis. The training introduced participants to the principles of Psychological First Aid, including assessing distress, offering immediate emotional support, and providing practical guidance to peers experiencing mental or emotional difficulty. This activity marked the first phase in establishing a pool of student volunteers who can assist the university community during emergencies and high-stress situations, contributing to a safer and more supportive campus environment.

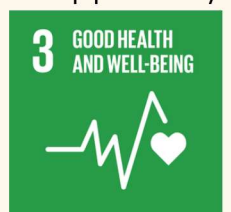
Another initiative under this advocacy is the Lakbay Series, a set of seminars centered on learning, reflection, and healing. Episode 1, "Breaking the Silence: Understanding and Overcoming Mental Health Stigma," opened conversations about mental health challenges and the barriers students face when seeking help. The session encouraged empathy, awareness, and shared understanding, helping students recognize stigma, challenge misconceptions, and support one another through their personal journeys.



Published in the **Psyche Society - SLU FB Page:**

<https://www.facebook.com/photo/?fbid=1064528245714100&set=a.466492528851011>

Together, these programs demonstrate SLU's holistic approach to student wellness by creating opportunities for capacity-building, open dialogue, and active peer support. By equipping students with skills and fostering a compassionate campus culture, SLU advances its commitment to providing a safe, inclusive, and mentally healthy educational environment.



A scribble of light: SLU Talged Center hosts Matchstick Sessions on Creative Journaling

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/04/03/iecep-slu-sc-puts-together-successful-ece-cup-2024/>



On 18 June 2025, the Saint Louis University Talged Center held Matchstick Sessions 3: “Creative Journaling—Fearless Self-Expression and Reflection.” The morning and afternoon batches welcomed small groups of Louisian students eager to explore journaling as a creative outlet and a tool for emotional well-being. The session opened with a warm reminder to be present, embrace the space, and allow themselves to discover or rediscover parts of their creativity.

The workshop began with the symbolic Matchstick Ceremony, where a candle was lit to represent the collective spark shared within the group—“As you light this match, we lend our spark and light the way for others.” This set the tone for a reflective and supportive environment. Participants were introduced to journaling as an introspective and retrospective practice that helps individuals process emotions, reduce anxiety, and cultivate self-care and a healthier self-image.

Each student received a journaling kit complete with a guide, stickers, trinkets, and prompts. With these materials, they crafted their pages inspired by thoughts, emotions, memories, or quiet moments of reflection. The room settled into a calm, focused atmosphere as students embraced both creativity and mindfulness.

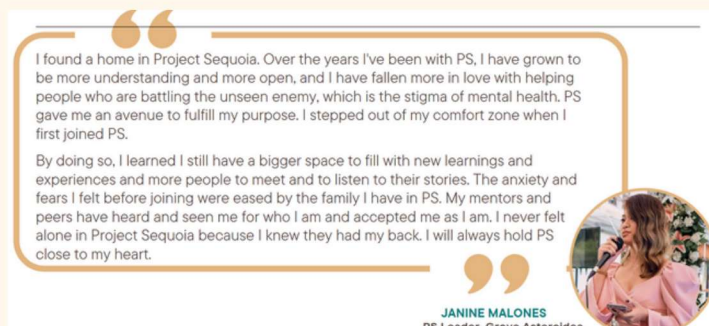
A “journal latag” followed, where participants placed their journals side by side for display, fostering a sense of shared experience and community. They were reminded that journaling is a safe and personal space—there is no perfect format, and one need not be an artist or writer to benefit. What matters is beginning, enjoying the process, and learning from it.

Matchstick Sessions continue to provide a supportive environment for creativity, reflection, and connection within the SLU community. By encouraging mindful expression and emotional awareness, the initiative advances UN SDG 3: Good Health and Well-Being, contributing to students’ mental wellness and personal growth.

Project Sequoia (Training and Mentoring Program)

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/02/13/project-sequoia-launches-historic-face-to-face-mentoring-session-inspiring-unity-and-healing/>



Project Sequoia (PS) is an initiative that promotes student mental health and emotional well-being by creating a supportive community through monthly or bi-monthly virtual or face-to-face kwentuhan sessions. These small-group conversations are facilitated by trained Peer Facilitators—PS Leaders—who help students share their experiences, process emotions, and feel connected in a safe and non-judgmental space.

To strengthen this support network, the PS Training and Mentoring Program equips student volunteers with essential skills in active listening, empathetic communication, and basic peer support, preparing them to lead meaningful and supportive conversations among their peers.

By fostering genuine connections, encouraging shared understanding, and offering accessible emotional support, Project Sequoia contributes directly to SDG 3: Good Health and Well-Being. The initiative helps reduce isolation, promotes early mental health support, and cultivates a compassionate and resilient student community.



Project Sequoia Initiates a Landmark In-person Mentoring Session Aimed at Fostering Unity and Promoting Healing



Project Sequoia (PS) conducted its inaugural face-to-face mentoring session at Cardijn Hall, SLU Ladies' Dormitories, on January 23 and 24, 2024. The event aimed to foster meaningful connections among participants. The program commenced with PS Leaders participating in a grounding session, removing their shoes to symbolize vulnerability and equality and to emphasize the shared experience of being barefoot, nurturing authentic bonds. Participants then examined the project's origins and listened to accounts from PS Pioneers, whose experiences underscored the significance of listening, presence, and understanding both oneself and others. These themes were reinforced through group-sharing activities, culminating in expressions of gratitude, the formation of new relationships, and a sense of collective hope. Justine S. Latawan, Project Sequoia Mentor, highlighted CCW's contribution to the Louisian community's healing through storytelling and stressed the importance of cultivating deep relationships and prioritizing collective well-being.

This initiative aligns with SDG 3: Good Health and Well-being by prioritizing the core goal of ensuring healthy lives and promoting well-being. The emphasis on fostering authentic bonds, shared experiences, collective well-being, and "healing through storytelling" positions this program as an active promoter of good mental health, making it directly relevant to Indicator 3.3.5: Mental health support for students. Additionally, because the program delivers projects focused on emotional and collective well-being to a local student community, it also fits the definition of a Health outreach program (Indicator 3.3.2), categorized under supporting other health and well-being-related topics.

