SAINT LOUIS UNIVERSITY

Baguio City, Philippines

Metric 3.3 Collaborations and health services



3 GOOD HEALTH AND WELL-BEING

Times Higher Education Sustainability Impact Ratings

AY 2025-2026

SAINT LOUIS UNIVERSITY

Baguio City, Philippines

Indicator 3.3.5
Mental health support for students



3 GOOD HEALTH AND WELL-BEING

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SLU's Talged Center

The Talged Center of Saint Louis University (SLU), established on 23 July 2024 at the Fr. Hugo Delbaere Building, serves as a dedicated social, safe, and inclusive space for students and faculty. It provides a welcoming environment where members of the University community can pause from their academic and professional responsibilities, relax, connect with others, and attend to their personal well-being.

Designed as a "third space" beyond the home and classroom, the Talged Center offers opportunities for casual interaction, quiet reflection, rest, and meaningful social connection. By providing a comfortable and supportive environment, it helps foster a sense of belonging and community while creating opportunities for individuals to recharge and manage the demands of university life.

More than a physical space, the Talged Center reflects SLU's commitment to holistic well-being, emotional resilience, and psychological safety. It recognizes that promoting health and well-being requires attention not only to physical health, but also to the social and emotional needs of students and faculty. Through the Talged Center, SLU creates a supportive campus environment where individuals can feel safe, connected, valued, and cared for.



SLU observes Suicide Prevention Awareness Month

In celebration of Suicide Prevention Awareness Month, the Center for Counseling and Wellness amplified its advocacy through the release of an infographic titled “Change the Narrative on Suicide: Build Hope, Spread Compassion” on its official Facebook page.

Aligned with the global theme, the initiative sought to raise awareness on mental health and reinforce a culture of empathy, hope, and compassion within the university community.

SOURCE: https://www.facebook.com/share/p/1DeMHaoDWD/





SLU Celebrates Mental Health Month with “Wear Blue” Campaign

As part of the Mental Health Month celebration, the SLU community was encouraged to wear blue as a visible show of support for mental health advocacy. This simple yet meaningful gesture symbolized awareness, empathy, and the shared commitment of students, faculty, and staff to promote mental well-being.

Through this collective expression, the university strengthened its call to foster a more compassionate and supportive Louisian community.

SOURCE: https://www.facebook.com/share/p/14Qn1KKqaZX/
https://www.facebook.com/share/v/17ny6R6YFF/





Free coffee and biscuits

The Mental Health Month celebration concluded with *"Sip and Nibble,"* a simple yet meaningful activity that provided students with a welcoming space to pause, relax, and recharge. Free coffee and biscuits were served at the Destress Zones in both the Main and Maryheights Campuses, creating a calm and supportive environment where students could take a break from their academic routines.





This closing activity highlighted the importance of self-care and mindfulness, reminding the SLU community that even small moments of comfort, such as enjoying a warm cup of coffee, can play a significant role in supporting mental health and overall well-being.

April HILOM Series: Interactive Sessions, Mental Health Talks, and Kwentuhan Sessions

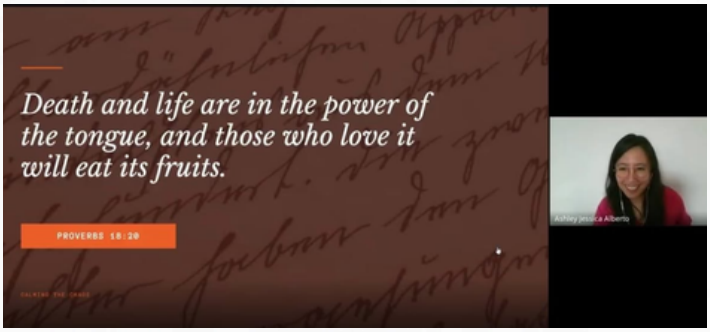
In celebration of Mental Health Awareness Month, a series of activities was conducted. The HILOM Series featured interactive sessions, mental health talks, and *kwentuhan* sessions. All activities were conducted online due to the shift in the class modality.

The Writing Workshop provided students with a safe and structured space to express their thoughts and emotions, helping them process stress, enhance self-awareness, and manage anxiety through reflective writing.

Similarly, the Guided Meditation session aimed to help students regulate their breathing, calm their minds, and cultivate mindfulness, thereby reducing anxiety and promoting emotional well-being and balance.

Source: https://www.facebook.com/share/p/1JUS1nCSLn/
https://www.facebook.com/share/p/1DoEGcQGPr/



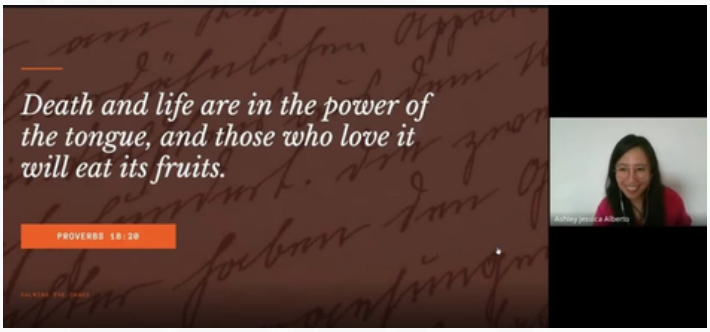


SLU's Psychological First Aid (PFA) Training

The Center for Counseling and Wellness in partnership with the SSC assemblies conducted a PFA Training to student leaders and volunteers. It aimed at realizing the objective of starting and building the conversation on mental health by anchoring on hope as well as executing a proactive stance with regard to responding to critical incidents. This initiative marks a significant milestone in CCW's ongoing efforts to empower students and foster their sense of volunteerism and mission, particularly in advocating for the mental well-being of the Louisian community.

The training was part of the initial phase of building a community of student volunteers specializing in PFA service delivery. The second phase, depending on participants' feedback and commitment, shall include strategic planning and crafting of manuals with regard to crisis response and PFA delivery protocols. Moreover, as a result of this training, CCW hope to build a strong "circle of confidence" as part of establishing a support system for volunteers.





SLU-CCW's Signposts for Free Mental Health Support

Your well-being matters, Louisians!

Navigating college life comes with its fair share of growth, challenges, and transitions. Whatever stage of your academic journey you're in, the **Saint Louis University Center for Counseling and Wellness** (**CCW**) is here to support you every step of the way!

Here is a quick overview of the programs and services available to support your academic, personal, and mental wellness:

Programs & **Services Offered**:

Information Program & **Services**: Semestral campaigns (Anti-Bullying, Anti-Drug, GIFTED, Gabay & Kaagabay Series) and customizable talks for your needs.

Counseling & **Intake Services**: One-on-one guidance to help you make informed choices, create action plans, and adjust smoothly to university life.

Psycho-Academic Support & **Interventions**: Interactive workshops, coping support for non-academic challenges, and dedicated academic performance counseling.

Mental Health Programs: Psychological First Aid, De-Stress Zone activities, support for Students with Special Needs (SPN), and Panangtarabay (A Louisian Empathy Hub).

Placement Program: Career Talks designed to prepare graduating students for the professional world.

Psychological Assessment & **Consultation**: Personality evaluations to enhance self-awareness, plus expert consultation for program and module development.

Peer Facilitation (**Project Sequoia**): Peer-to-peer emotional support and listening sessions through guided "kwentuhan."

Referral Program: Support for learners exhibiting social, behavioral, or academic difficulties.

Visit or Reach Out to Us:

Main Campus: 4th & 5th Floors, Fr. Evarist Verlinden, CICM Building
(074) 442-3043 / 443-2001 Loc. 222 | 0926-847-2959

Maryheights Campus: Room 816, Fr. Devesse Building
(074) 442-6321 | 0926-847-2961

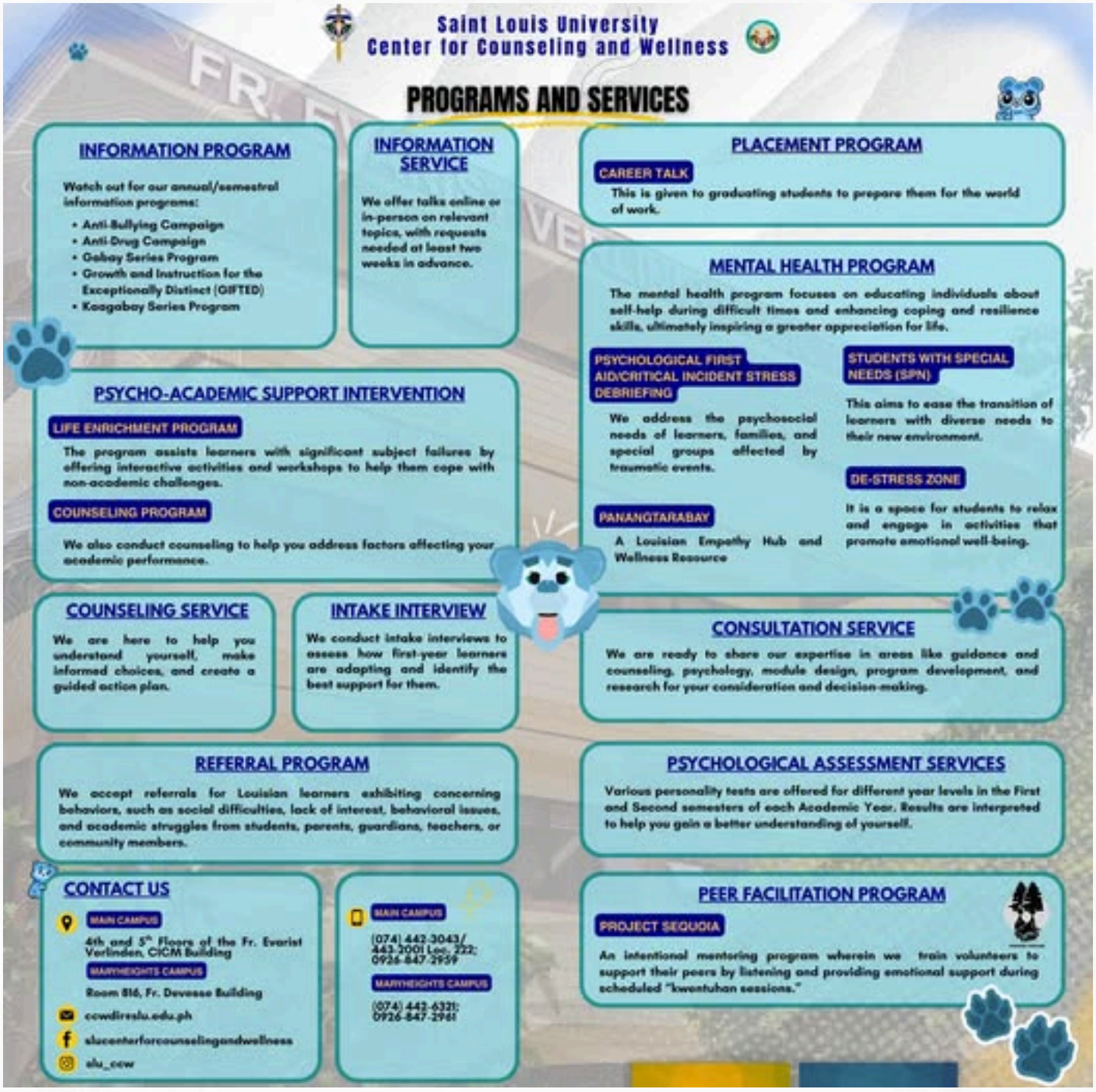
Email: ccwdir@slu.edu.ph

Facebook: slucenterforcounselingandwellness

Instagram: @slu_ccw

***Remember*: *Seeking help is a sign of strength. We are here for you*!**

SOURCE: https://www.facebook.com/share/p/19X5Fzr5Wn/


Saint Louis University
Center for Counseling and Wellness
PROGRAMS AND SERVICES
INFORMATION PROGRAM
Watch out for our annual/semestral information programs:
• Anti-Bullying Campaign
• Anti-Drug Campaign
• Gabay Series Program
• Growth and Instruction for the Exceptionally Distinct (GIFTED)
• Kaagabay Series Program
INFORMATION SERVICE
We offer talks online or in-person on relevant topics, with requests needed at least two weeks in advance.
PLACEMENT PROGRAM
CAREER TALK
This is given to graduating students to prepare them for the world of work.
MENTAL HEALTH PROGRAM
The mental health program focuses on educating individuals about self-help during difficult times and enhancing coping and resilience skills, ultimately inspiring a greater appreciation for life.
PSYCHOLOGICAL FIRST AID/CRITICAL INCIDENT STRESS DEBRIEFING
We address the psychosocial needs of learners, families, and special groups affected by traumatic events.
STUDENTS WITH SPECIAL NEEDS (SPN)
This aims to ease the transition of learners with diverse needs to their new environment.
DE-STRESS ZONE
It is a space for students to relax and engage in activities that promote emotional well-being.
PANANGTARABAY
A Louisian Empathy Hub and Wellness Resource
PSYCHO-ACADEMIC SUPPORT INTERVENTION
LIFE ENRICHMENT PROGRAM
The program assists learners with significant subject failures by offering interactive activities and workshops to help them cope with non-academic challenges.
COUNSELING PROGRAM
We also conduct counseling to help you address factors affecting your academic performance.
COUNSELING SERVICE
We are here to help you understand yourself, make informed choices, and create a guided action plan.
INTAKE INTERVIEW
We conduct intake interviews to assess how first-year learners are adapting and identify the best support for them.
CONSULTATION SERVICE
We are ready to share our expertise in areas like guidance and counseling, psychology, module design, program development, and research for your consideration and decision-making.
REFERRAL PROGRAM
We accept referrals for Louisian learners exhibiting concerning behaviors, such as social difficulties, lack of interest, behavioral issues, and academic struggles from students, parents, guardians, teachers, or community members.
PSYCHOLOGICAL ASSESSMENT SERVICES
Various personality tests are offered for different year levels in the First and Second semesters of each Academic Year. Results are interpreted to help you gain a better understanding of yourself.
CONTACT US
MAIN CAMPUS
4th and 5th Floors of the Fr. Evarist Verlinden, CICM Building
MARYHEIGHTS CAMPUS
Room 816, Fr. Devesse Building
ccwdirect@slu.edu.ph
slucenterforcounselingandwellness
slu_ccw
MAIN CAMPUS
(074) 442-3043/ 442-2001 Loc. 222; 0926-847-2959
MARYHEIGHTS CAMPUS
(074) 442-6321; 0926-847-2961
PEER FACILITATION PROGRAM
PROJECT SEQUOIA
An intentional mentoring program wherein we train volunteers to support their peers by listening and providing emotional support during scheduled "kwentuhan sessions."



The SLU SDG Report 2026