SAINT LOUIS UNIVERSITY

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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 3.3.7 Mental health support for staff



3 GOOD HEALTH AND WELL-BEING

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Building Resilience, Nurturing Well-Being: SLU's Comprehensive Mental Health Support for Faculty and Staff

SLU-CCW CONDUCTS PSYCHOLOGICAL FIRST AID TRAINING DURING UPSTART 2025

In a proactive move to foster a more supportive and resilient academic environment, Saint Louis University (SLU) faculty members, including the Basic Education School (BEdS), gathered for a Psychological First Aid (PFA) lecture on 18 September 2025, at the Prince Bernhard Gym, SLU Main Campus.

The training was one of the key sessions of UPSTART 2025, a university-wide faculty capacity-building program organized by the University Instruction Development Committee (UIDC). This year's program, themed "Unifying Effectiveness and Deepening Communal Compassion", emphasized the crucial role of empathy and mental health support within the educational setting.

Spearheaded by the SLU Center for Counseling and Wellness (CCW), the PFA training session was guided by the theme "Hope for Tomorrow." The training was structured in two phases to ensure both foundational knowledge and practical application. The session aimed to equip faculty and staff with the essential skills to provide immediate, practical, and compassionate support to students and colleagues experiencing distress.



The first phase was open to all faculty members in attendance. This foundational session covered the essential What, Why, Who, When, Where, and How of PFA. Facilitators from the CCW provided a clear framework on how to recognize distress, offer empathetic support, manifest the core values aligned to PFA, and understand the crucial “dos and don’ts” when assisting someone in a crisis. The core principles of Look, Listen, and Link were thoroughly discussed, providing a solid theoretical grounding for all educators.



The second phase was a targeted, hands-on workshop for academic leaders that included the school Deans, Associate Deans, Department Heads, Clinical Instructors, and Practicum Coordinators. This session featured a crisis simulation where participants applied the PFA principles in realistic school scenarios. This practical exercise was designed to build confidence and competence, ensuring that key academic personnel are prepared to act effectively and compassionately during emergencies.



The participation of faculty and staff from all academic levels, from elementary to the postgraduate level, underscores the university’s holistic approach to well-being.



By empowering its educators, SLU-CCW aims to create a network of compassionate first responders across its campuses, ensuring that every member of the Louisian community has access to immediate support in times of crisis.

The CCW facilitators clarified that PFA does not serve as a clinical diagnosis, but functions as a supportive and empathetic first-line response to help individuals feel secure, connected, and hopeful.

This initiative is a significant step in SLU's ongoing commitment to mental health advocacy, reinforcing the university's mission to nurture not only academically excellent but also emotionally resilient individuals. By equipping all faculty with awareness and providing leaders with practical skills, SLU fosters a proactive and caring community ready to offer hope and stability when needed. This initiative aligns with the United Nations' Sustainable Development Goals, specifically SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education), by fostering a safe and supportive environment essential for effective learning. (Article and Photos by Christine Marie Kee, SLU-CCW)







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

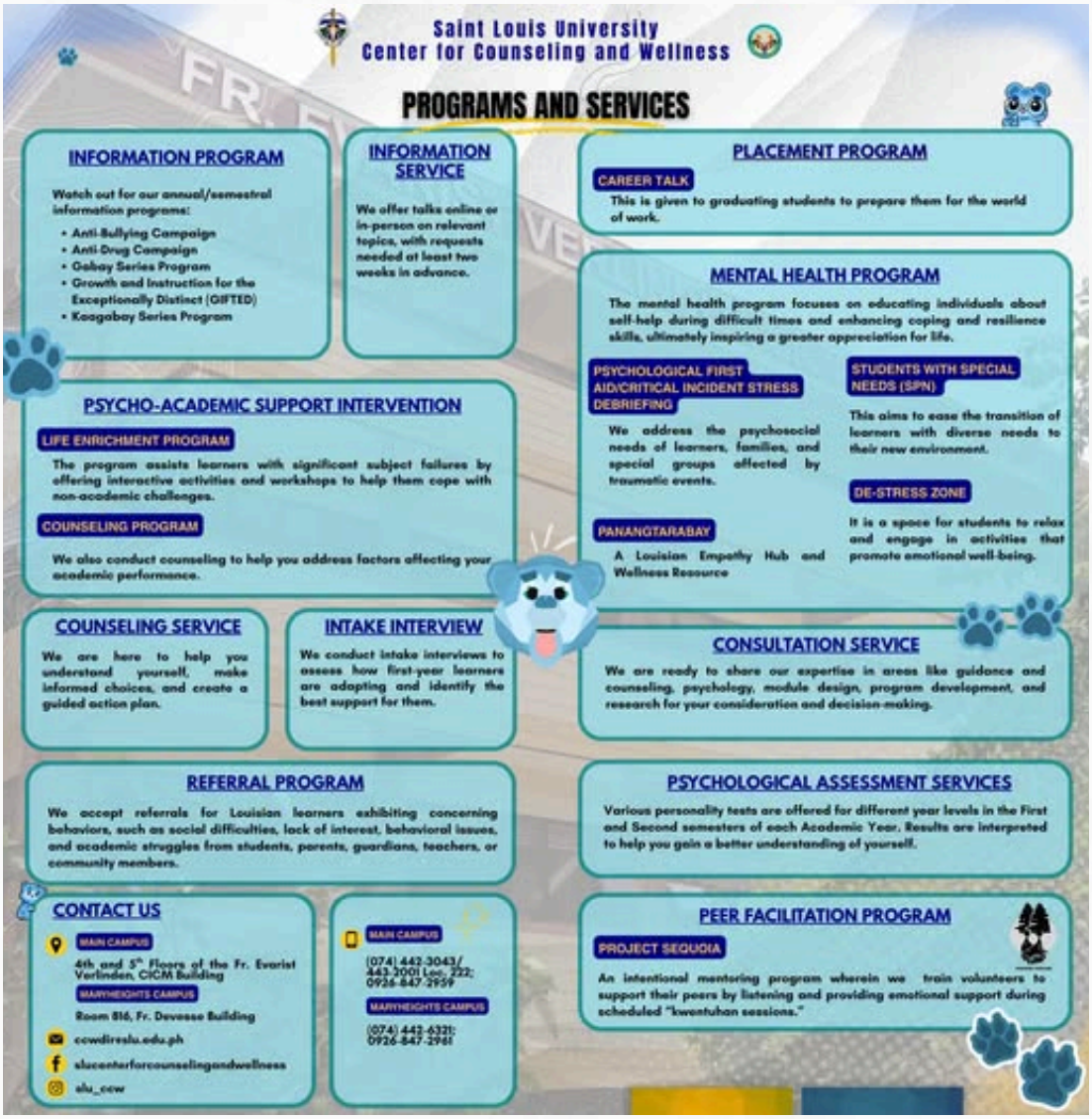
Email: ccwdir@slu.edu.ph

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/



Just as environmental sustainability requires maintenance beyond planting, mental health requires continuous care beyond a single training session. The SLU Center for Counseling and Wellness (CCW) serves as the institutional backbone for this ongoing employee support. Staff and faculty have direct access to professional CCW services, including:

- Professional Consultation Services: CCW experts provide continuous consultation for faculty regarding module design, program development, and psychological insights to support their academic decision-making and reduce workplace friction.
- The Referral and Intervention Network: Faculty and staff are integrated into a university-wide referral system, allowing them to seek professional CCW intervention when managing complex behavioral or social difficulties within their departments.
- De-Stress Zones and Empathy Hubs: Employees are encouraged to utilize "Panangtarabay" (A Louisian Empathy Hub) and designated De-Stress Zones—spaces specifically designed to promote relaxation and emotional well-being during the demanding academic year.



The SLU SDG Report 2026