



University : National Chin-Yi University of Technology  
Country : Taiwan  
Web Address : [www.ncut.edu.tw](http://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?

National Chin-Yi University of Technology (NCUT) is dedicated to fostering a supportive work environment by ensuring that **mental health resources** are readily accessible for all staff members. Recognizing the importance of mental well-being, NCUT has implemented a range of services and initiatives aimed at supporting employees' mental health and creating a balanced work-life environment.

#### 1. On-Campus Counseling Services

NCUT offers **professional counseling services** on campus, available to both staff and students. These services are designed to address a range of mental health needs, from stress management and workplace challenges to personal counseling.

- **Individual Counseling Sessions:** Staff members can schedule private sessions with licensed mental health professionals who are trained to provide support for stress, anxiety, and other mental health concerns.
- **Workshops and Group Counseling:** NCUT organizes workshops that focus on coping strategies, resilience building, and mindfulness techniques, along with group counseling sessions to foster community support.

#### 2. Employee Assistance Programs (EAP)

To provide ongoing support, NCUT has established an **Employee Assistance Program (EAP)** that offers confidential help to staff members dealing with personal or work-related challenges.

- **24/7 Helpline:** NCUT's EAP includes a helpline that is accessible around the clock, offering immediate support for mental health issues and urgent situations.
- **Referral Services:** Staff members who may need more specialized assistance are connected with external mental health professionals for comprehensive care beyond the university's services.

#### 3. Stress Management and Wellness Programs



NCUT provides programs focused on **stress reduction, mindfulness, and wellness** to promote a healthier work environment.

- **Yoga and Meditation Classes:** Offered regularly on campus, these sessions are designed to reduce stress and promote mental well-being.
- **Physical Fitness Programs:** Understanding the link between physical and mental health, NCUT encourages staff participation in wellness activities like gym access, walking clubs, and outdoor activities.

#### 4. Awareness and Training Programs

NCUT integrates **mental health awareness into staff training**, focusing on reducing stigma and encouraging openness regarding mental health.

- **Mental Health Awareness Workshops:** Regular workshops and training sessions help raise awareness about mental health issues, stress management, and identifying early signs of mental health concerns.
- **Mental Health First Aid Training:** Selected staff members are trained to provide initial support to colleagues in need, enhancing the university's capacity to address mental health in the workplace.

#### 5. Flexible Work Arrangements and Leave Policies

NCUT's commitment to mental health extends to its **flexible work policies**, which aim to reduce stress and promote work-life balance.

- **Flexible Work Hours:** Staff members can access flexible scheduling to better balance personal responsibilities with work, reducing the stress associated with rigid working hours.
- **Mental Health Days:** NCUT offers leave policies that acknowledge the need for time off to manage mental health, enabling staff to take mental health days as needed.

#### 6. Regular Evaluation and Improvement

NCUT continuously evaluates the effectiveness of its mental health support offerings through **surveys and feedback** from staff, ensuring the programs meet the evolving needs of the community.

Through these initiatives, NCUT actively supports the mental health and well-being of its staff, fostering a positive work environment and enabling all employees to perform their best while feeling valued and supported. The university's commitment to mental health is part of its broader mission to cultivate a caring and inclusive campus community.

## A series of activities to assist employees in physical and mental health

### 1. Healthy Aerobic Go Go Go! Employees meet up for a stair climbing fitness activity

In order to strengthen the concept that the staff can exercise at any time and develop the habit of exercise, the personnel office invites the staff to climb the stairs together in the Engineering Building. The staff who participate in the activity could collect lottery tickets at the event location on the day of the activity, and complete the planned route (from the 1st floor to the 5th floor). After the lottery tickets are put into the lottery box on the 5th floor, they can participate in the lottery activities!

This event is expected to draw 30 staff. Those who win the lottery will receive a gift certificate of NT\$100 from Family Mart and a beautiful sports towel!



### 2. Roller equipment for relaxation and stress relief

The series of activities to assist employees in their physical and mental health plan are here again! This event invites Mr. Dai Xiao from the sports center as an instructor, and uses the lunch break to teach everyone how to use roller equipment to relax and relieve stress. Due to the limited space in the classroom, only 15 students are accepted. , welcome everyone to relax together!

Participants will be presented with a beautiful sports towel!

**Space is limited, register now!**

### 3. NCUT Strides - Health 999

According to the National Health Administration, walking is a good entry-level exercise. No special equipment is required, as long as you wear light clothing and sports shoes, and remember to "hold your head up and your chest down to reduce your abs, hold your hands slightly on your waist, naturally swing your shoulders to relax, and step forward." Step forward." The small formula of walking, you can integrate walking into your life.

Walking for 15 minutes a day has many benefits. In addition to improving various physical functions, the endorphins produced by the brain during exercise can also make people feel happy and relieve stress. Maintaining the habit of exercising 15 minutes a day for a long time can help you control your weight and prolong your life.

Sincerely invite you to participate in the "Stride Diligently - Health 999 Activity", record the number of steps taken during the activity, upload it to the google cloud, and then you can participate in the lottery activity.

It is estimated that 25 participants will be selected (without interruption every day), and the winner will receive a gift certificate of NT\$100 for FamilyMart and a beautiful towel!

#### **4. Assist employees with health plan series activities - Chinese medicine health care**

Epidemic prevention has become the most concerned topic for everyone in the past two years. This time, Assist employees with health plan series activities invited Huang, Kunshan, a traditional Chinese medicine practitioner, to teach everyone how to reduce the epidemic stress syndrome through daily maintenance, maintain health, and feel at ease both physically and mentally.

The Human Resources Office sincerely invites every faculty member to attend the "Chinese Medicine and Health Care" seminar!

#### **5. Psychologists instruct faculty and staff on physical and mental weight loss methods - reduce body fat and relieve psychological pressure**

Staying at home during the epidemic prevention period, is your weight out of control?

Let a psychologist teach you physical and mental weight loss techniques - reduce body fat and relieve psychological pressure!

This lecture will be conducted by online video. The maximum number of participants is 50. The number of participants is limited, and faculty and staff are welcome to sign up!