

CAREER SERVICE AND GUIDANCE COUNSELLING UNIT

SDG 3-GOOD HEALTH AND WELLBEING

Does your university as a body provides students with access to mental health support? **YES**

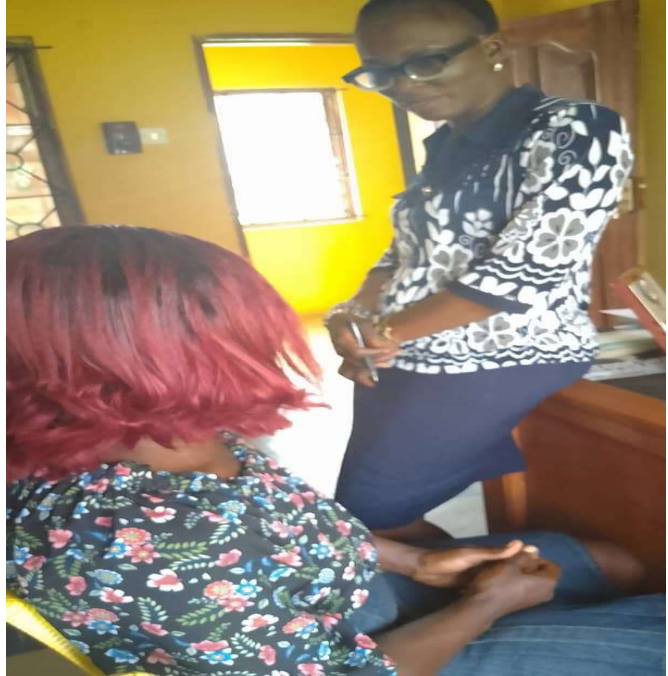
Does your university as a body provide staff with access to mental health support? **YES**

The university, due to our peculiarities assist our students both in diagnosis and treatment for mental health support through the following channels;

- 1.Booking of appointment, either through self-referral or referrals through the university clinic, lecturers and staff and also the student's platform.
2. The university is staffed with professional counsellors also, highly accessible location with a conducive environment and right timing for counselling sessions both individual and group counselling.
3. Organizing workshops and seminars on mental health topics.
4. Encouraging open conversations about mental health within the campus community.
5. We collaborate with academic planning board to incorporate mental health support into academic advising by training advisors to recognize and identify signs of mental health distress, providing resources and referral to students with additional support.
6. Providing online mental health training to students on their platforms.
7. We also promote healthy life style practices
8. Conducting regular assessment on mental health needs through inventory and psychometric instruments.

LASUSTECH has really created a more supportive and inclusive campus environment where students feel comfortable seeking help and prioritizing their mental health.

Pictures of counselling sessions and seminars are hereby attached:



Thank you all.
Best regards,



Dr. Olusola Temitope ONI
Ag. Director, CAREER SERVICE AND GUIDANCE COUNSELLING UNIT
LASUSTECH