



LINCOLN
UNIVERSITY COLLEGE
DKU016 (B)



COMPILED REPORTS ON MENTAL HEALTH SUPPORT PROGRAMMES CONDUCTED BY LINCOLN UNIVERSITY COLLEGE MALAYSIA

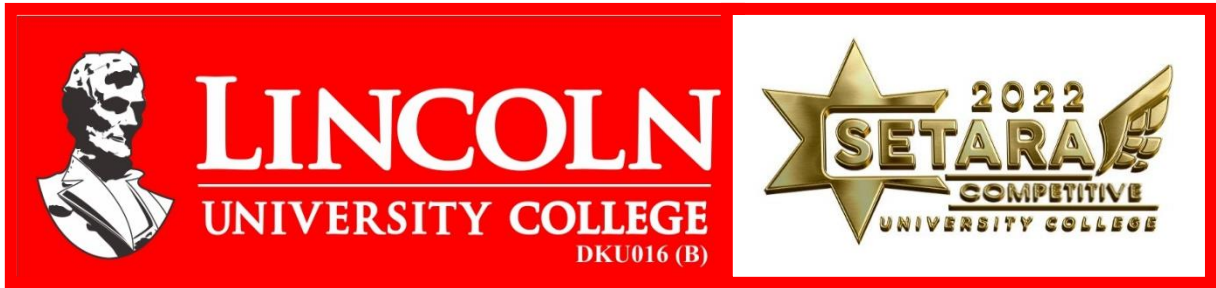


SUSTAINABLE DEVELOPMENT GOALS
17 GOALS TO TRANSFORM OUR WORLD



2023





**LUC MENTAL HEALTH SUPPORT FOR
STAFF AND STUDENTS
COUNSELING ACTIVITY REPORT**



**LINCOLN UNIVERSITY COLLEGE, MALAYSIA
2023**

REPORT ON GROUP COUNSELING PROGRAMME

Topic : **Talk and Awareness on Student Healthy Lifestyle**

Counselor : **Ms. Siti Izati Binti Ismail (PA 06541)**
Counselling Unit, Lincoln University College,
Malaysia

The event was targeted at promoting unity among the students of Lincoln University College, guide them on how to stay healthy and manage their time in the most effective and efficient way while on campus.

Participants were from Faculty of Computer Science and Multimedia, Faculty of Business and Accountancy, Faculty of Nursing, Faculty of Pharmacy, Faculty of Medicine, Department of Medical Assistant, FISCO, and Faculty of Hospitality.

No. of participants : **43**

Mode of delivery : **Physical Class**

Date : **22nd of March 2023**

Time : **3PM to 5PM**

Attachment : **Some group pictures of the participants**

Venue : **Multipurpose Hall, Wisma Lincoln Campus**



Prepared by:

Ms. Siti Izati Binti Ismail (PA 06541)

Counselor, Student Affairs Department,
Lincoln University College, Malaysia





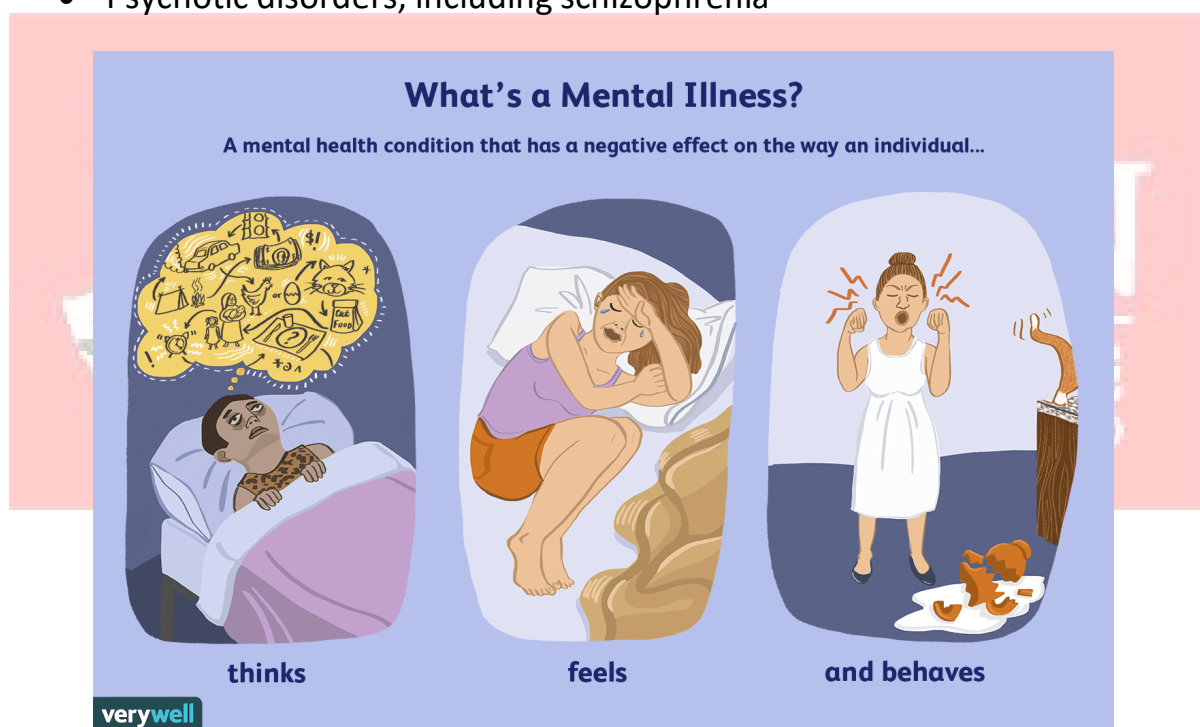
Report on Mental Health and Wellbeing

(2022-2023)



Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder. There are many different types of mental disorders. Some common ones include:

- Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias
- Depression, bipolar disorder, and other mood disorders
- Eating disorders
- Personality disorders
- Post-traumatic stress disorder
- Psychotic disorders, including schizophrenia



Mental illness is a leading cause of disability. Untreated mental illness can cause severe emotional, behavioral and physical health problems. Some are:

- A childhood history of abuse or neglect
- Use of alcohol or recreational drugs
- Stressful life situations, such as financial problems, a loved one's death or a divorce
- An ongoing (chronic) medical condition, such as diabetes

- Missed work or school, or other problems related to work or school
- Legal and financial problems
- Self-harm and harm to others, including suicide or homicide

MENTAL HEALTH SURVEY CONDUCTED BY MEDICAL FACULTY, LINCOLN UNIVERSITY COLLEGE

Lincoln University College’s Medical Faculty pre-clinical students have arranged a field trip to the Perdana Botanical Garden on 13th June 2023 and conducted a comprehensive mental health survey, randomly selecting 100 individuals from Taman Butani Perdana. They engaged with the community, fostering open conversations about stress, anxiety, depression, and emotional well-being. The field trip also included health screenings, such as blood pressure measurement, BMI, glucose test and brief consultations to address any immediate health concerns,

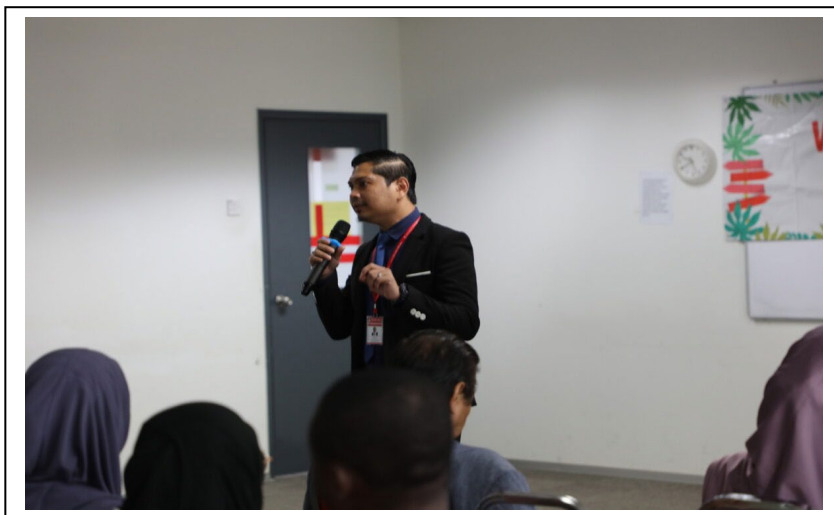


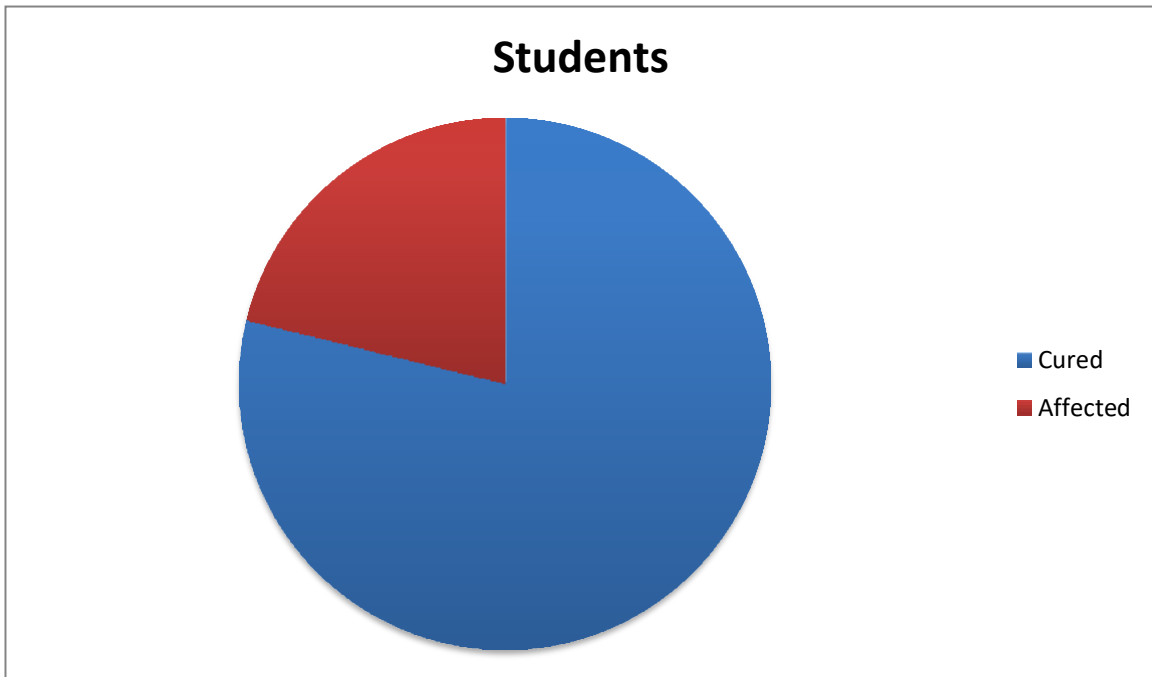
to assess physical well-being alongside mental health. Additionally, the students organized exciting activities like treasure hunts and games to promote teamwork, problem-solving skills, and provide a break from academic routine.

There is a wide range of evidence-based preventive programmes and policies available for implementation. These have been found to reduce risk factors, strengthen protective factors and decrease psychiatric symptoms and disability and the onset of some mental disorders. They also improve positive mental health, contribute to better physical health and generate social and economic benefits. These multi-outcome interventions illustrate that prevention can be cost-effective. Research is beginning to show significant long-term outcomes.

Hence, **Lincoln University College, Malaysia** prepared the **“Mental Health Wellbeing Policy”** to promote positive environment and to manage stress among

every individual. Mental illness can happen at any time, among any person irrespective of age, gender, etc. Physical exercises including, yoga and even meditation, sports and other campaigns or some fun activities and also conducting events to promote awareness and to motivate every individual.

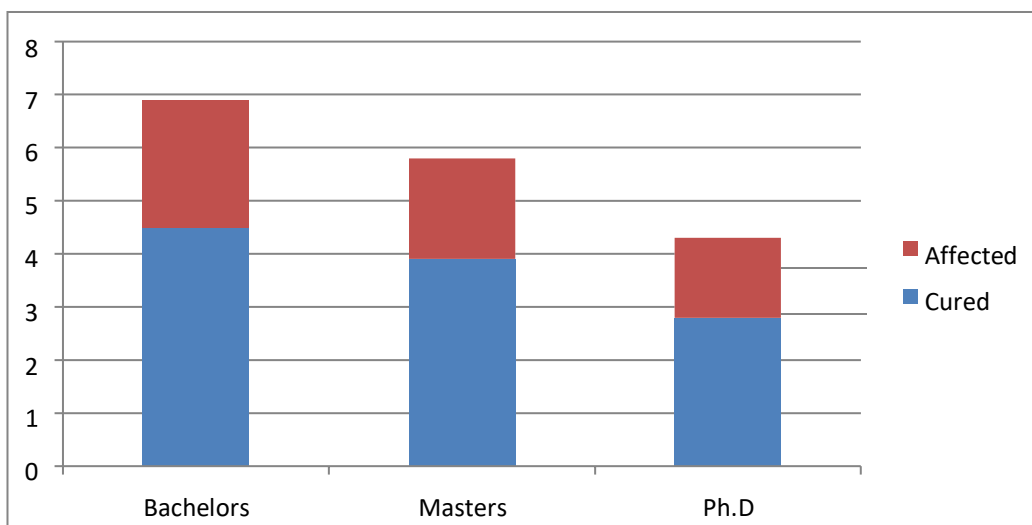




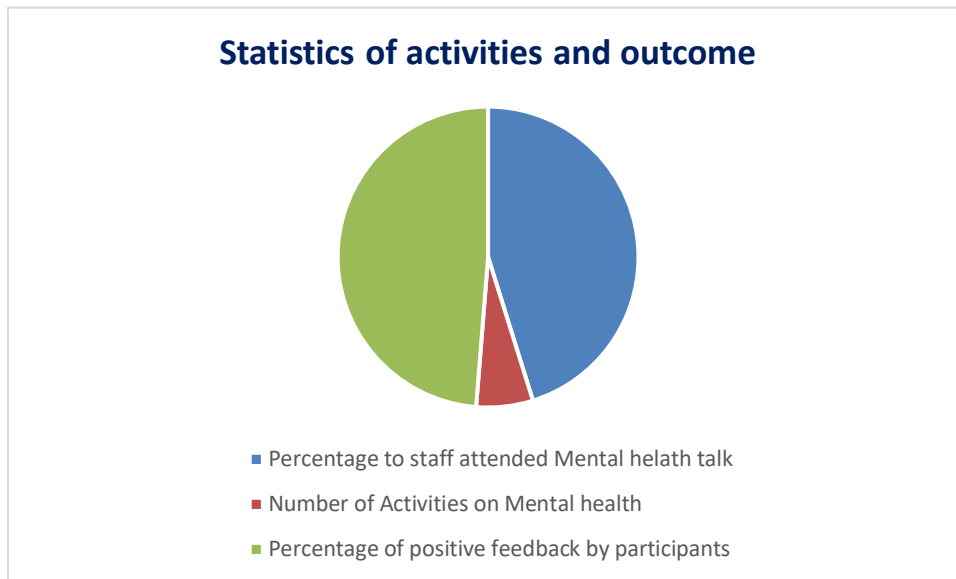
The above pie chart shows the events and activities conducted LUC has helped many students to come out from their depression, anxiety or other mental problems.

Many people suffer from mental health and psychosocial problems. These problems often involve feelings of sadness, nerves or stress. Counselling is a recognized psychological therapy that is often provided to those who suffer from such mental illnesses.

LUC too conducts counselling by a professional counsellor where everyone comes to open up their problem or any about their mental illnesses.



The above bar graph shows how counselling has helped students by the process of counselling.



Submitted and Recorded by

Student affairs Department

Department of Human Resource

Lincoln University College, Malaysia



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Mental Health and Well Being Policy Document

Introduction:

Lincoln University College (LUC) in this policy commits to support and provide a helping hand to every staff, faculty members and students who suffer from mental health illness and implement proper outline to take actions immediately. The University has a duty to take care of all the staffs and students and promote mental health and wellbeing.

Definition of Mental health Illness:

- Mental health illness refers to those mental health conditions that adversely affect an individual's mood, thinking and behavior and can fluctuate at any time.
- Mental health illness may include depression, anxiety disorders, schizophrenia, eating disorder and addictive behaviors.
- Few individuals may have the symptoms of reduced motivation and disrupted sleep that too affect the work and learning capacity of a staff and student respectively.
- Few individuals might have symptoms like addictive behavior, sudden aggressive or rude nature this creates a negative impact within workplace or leaning environment.



The purpose of the policy:

- ❖ To promote mental health and wellbeing through management policies, support services and promote health promotion campaigns including proper diet consumption, self-management and any physical activities like sports, exercises, and yoga sessions.
- ❖ To promote positive environment by conducting events for giving motivational speech to inspire all staffs and students.
- ❖ To outline the support to all the staffs and students whenever required.
- ❖ To promote the initiatives for preventing any suicidal tendencies among any individual.
- ❖ To respect the confidentiality of any personal information provided by the staffs and students mental health difficulties.

Supporting Arrangements:

- The University provides Counselling Services to all the staffs and students free of charge.
- The qualified professional counsellors take numerous sessions to manage any critical condition of any individual if required.
- The service operators also conduct many physical activities like indoor sports, exercises, yoga and even meditation.
- The counsellors also provide awareness among every individual that-
 - Counselling does not mean a person is mad
 - Depression and anxiety are completely fine and common among all
 - There is always a way out to from any kind of mental health difficulties
 - Counselling is a practice where anyone can speak about anything he/she wants to share
 - Counselling is just helping hand to those who need some mental support and to overcome any mental health difficulties
 - Mental health difficulties/illness is nothing to do with the term madness or mental disorders/disease
 - Counselling helps in reducing anxiety and improving self-confidence

- The Counselling or the supporting services provide- **Individual Counselling, Group Counselling, Psychological Tests, Workshops, Seminars and Talks.**

Confidentiality

Any individual be it a staff or a student, whenever they sharing any information to a Counsellor, every personal information will be respected and will maintain confidentiality with proper guidelines.

Responsibilities:

- ✓ **The responsibility of the University is-**

- i. Providing support services through hiring a professional counsellor
- ii. Ensuring mental health awareness training, workshops and seminars are available for staffs and students
- iii. Ensuring energetic workplace and learning environment for all staffs and students respectively within the University
- iv. Monitoring the effective implementation of this policy

- ✓ **The responsibilities of staff are-**

- i. The Head of the Department must ensure that any staff or student who is affected by any mental health illness is immediately and appropriately supported
- ii. HOD must ensure that everyone is aware of the guidance and policy for the advisory support in relation to any mental health issues
- iii. Any staff can take the responsibility to have a talk with any individual in the relevant department who is suffering from mental health issues in the initial stage
- iv. Maintaining confidentiality regarding any personal information being shared to them for help or support

- ✓ **The responsibilities of students are-**

- i. If any student is suffering from mental health difficulties, then his/her batch mate or friends must inform the HOD or the University for immediate support

- ii. The Student Affair Department must take the responsibility in managing any such cases
- iii. Everyone Must treat that student who is suffering from mental health difficulties with respect and dignity

Policy review:

This policy is reviewed every year to uplift the awareness of mental health and wellbeing and to promote the importance of mental health and to support any individual who is suffering from any kind of mental health issues in the University.

Endorsed by
Vice Chancellor
Lincoln University College

Policy initiated: January 2017

Policy Review August, 2022

