DE LA SALLE-
COLLEGE
OF SAINT
BENILDE

Sustainable Development Goal #3

GOOD HEALTH AND WELL-BEING



BENILDE
LIKE NO OTHER

SDG 3 Good health and Well-being

3.5 Student Mental Health Support Services

The Benilde Well-Being Center provides Benildean students with access to mental health support through the various services and programs. It aims to provide relevant services to students, both hearing and the Deaf, in a safe, caring and nurturing environment facilitated by registered and licensed counselors, psychologists and psychometricians through the counseling, referrals and other related services such as initial and intake interviews and psychological testing services.The Benilde Antipolo Well-Being Center provides Benildean students orientation on the relevant BAWC Programs and Services available to them. Psychoeducational materials are posted on social media platforms managed by the Center to make the center visible to the students and be informed about the services.Through these educational initiatives and healthcare services, the University remains committed to promoting informed health choices, preventive care, and the overall well-being of its students.

Benilde Well-Being Center SDG Goals AY 2024-2025

Does your university as a body provide students with access to mental health support?

The Benilde Well-Being Center provides Benildean students with access to mental health support through the various services and programs. It aims to provide relevant services to students, both hearing and the Deaf, in a safe, caring and nurturing environment facilitated by registered and licensed counselors, psychologists and psychometricians through the counseling, referrals and other related services such as initial and intake interviews. Also, the psychological testing services are available to students to provide the attending counselors additional tools in their assessment and delivery of appropriate counseling interventions to students assigned to their care.

Moreover, the CSBWELL Program is designed to address the prevalence of mental health issues among Benildean students, both hearing and the Deaf, by helping them develop healthy coping, and practice proactive self-care to enhance their overall well-being. It is composed of four modules that they have to finish before the academic year ends. Likewise, a Homeroom Guidance for are conducted to Senior High School and Junior High School Deaf Students.

Psychoeducational materials are posted on social media platforms periodically in support to their well-being and mental health needs. A volunteer group is also available to assist the Center in the implementation of the various services and programs. The Center through the Students Team also provide other avenues such as webinars and in-person seminar-workshops for students to acquire well-being skills that are helpful to their mental health as they navigate college and adolescent life.

This is the College’s response to the Republic Act No. 11036 known as the Mental Health Act which promotes the education and promotion of mental health in educational institutions, thereby integrating mental health into the educational system.

Evidence



Empowering Emotion Regulation for Deaf Students

On August 15, 2024, the Benilde Well Being Center (BWC)-Deaf Unit organized a training seminar for students from the School of Education and Applied Studies (SDEAS), focusing on Mindfulness and Emotion Regulation skills. The event took place in Function Room D on the 2nd floor of DLS-CSB Taft campus canteen, from 12 noon to 2:20 pm.



During the seminar, participants were guided through a scenario that allowed them to learn and apply these skills in managing distress. They also shared past experiences, reflecting on how they could have better regulated their emotions. By the end of the session, the students expressed gratitude for acquiring new techniques to handle challenging situations in their lives.





Benilde Antipolo Well-Being Center SDG Goals AY 2024-2025
Does your university as a body provide students with access to mental health support?

The Benilde Antipolo Well-Being Center provides Benildean students orientation on the relevant BAWC Programs and Services available to them.

Psychoeducational materials are posted on social media platforms managed by the Center to make the center visible to the students and be informed about the services.

Benilde Antipolo Facebook Page https://www.facebook.com/benilde.wellbeing.9

BAWC Programs and Services Orientation with CSBLIFE Classes

Benilde Antipolo Well-Being Center

BFMM02 CSBLIFE Class_24 September 2024_9:10am-10:40am







BAWC Programs and Services Orientation with CSBLIFE Classes

docs.google.com – to exit full screen, press Esc

Benilde Antipolo Well-Being Center

BFTM02 CSBLIFE Class_24 September 2024_2:10pm-3:40pm







BAWC Programs and Services Orientation with CSBLIFE Classes

Benilde Antipolo Well-Being Center

BFAC02 CSBLIFE Class_25 September 2024_7:30am-9:00am



BAWC Programs and Services Orientation with CSBLIFE Classes

Benilde Antipolo Well-Being Center

BFTM01 CSBLIFE Class_25 September 2024_10:50am-12:20pm



BAWC Programs and Services Orientation with CSBLIFE Classes

docs.google.com – To exit full screen, press Esc

Benilde Antipolo Well-Being Center

BFMM03 CSBLIFE Class_27 September 2024_1:00pm-2:30pm



BAWC x CLR Collaborative Project

Benilde Antipolo Well-Being Center

BAWCxCLR Learning Session

"Hello, Lib! I'm Safe!" Library as a Safe Space and Mental Health Support

28 November 2024 1:30pm-4pm Library

