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

3.7 Student Mental Health Support Services

The Benilde Well-Being Center (BWC) aims to recognize and highlight the importance of mental health and well-being in the community by developing and implementing well-being programs and mental health information promotion. Likewise, promoting appropriate help-seeking behavior enhances the well-being among the Benildean associates. The Center intends to achieve these objectives through various well-being programs and activities for associates. The Benilde Antipolo Well-Being Center (BAWC) promotes mental health and well-being to the Benilde Antipolo Community. BAWC Programs and Services are part of the discussions during Faculty Assembly at the start of every term making them aware of the Center's role and existence. Wellness activities were also provided by BAWC for Associates to recharge and reconnect.

Benilde Well-Being Center

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

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The "BeWell Program for Associates" of BWC is a five-part program that aims to increase the range of well-being tools of Benildean Associates and help them in dealing with life's concerns and challenges that have an impact on their personal, interpersonal, and occupational aspects. This is centered on the psychological well-being and mental health needs of adults in the community. It aims to promote well-being and mental health among Benildean Associates by providing them with activities that bring about awareness of the well-being competencies.

Likewise, a mental health orientation and other related seminar-workshops are conducted to teaching and non-teaching associates, both hearing and the Deaf. This program is intended to provide awareness on mental health, equip our teaching and non-teaching associates with the information that will be useful for them in responding to students who are in distress, intensify collaboration through the referral system.

Moreover, counseling, psychological testing and referral to mental health specialists are made available to Benildean Associates. Psychoeducational materials are posted on social media platforms periodically in support to their well-being and mental health needs.




Ripples


Benilde




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BENILDE
MANCE

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