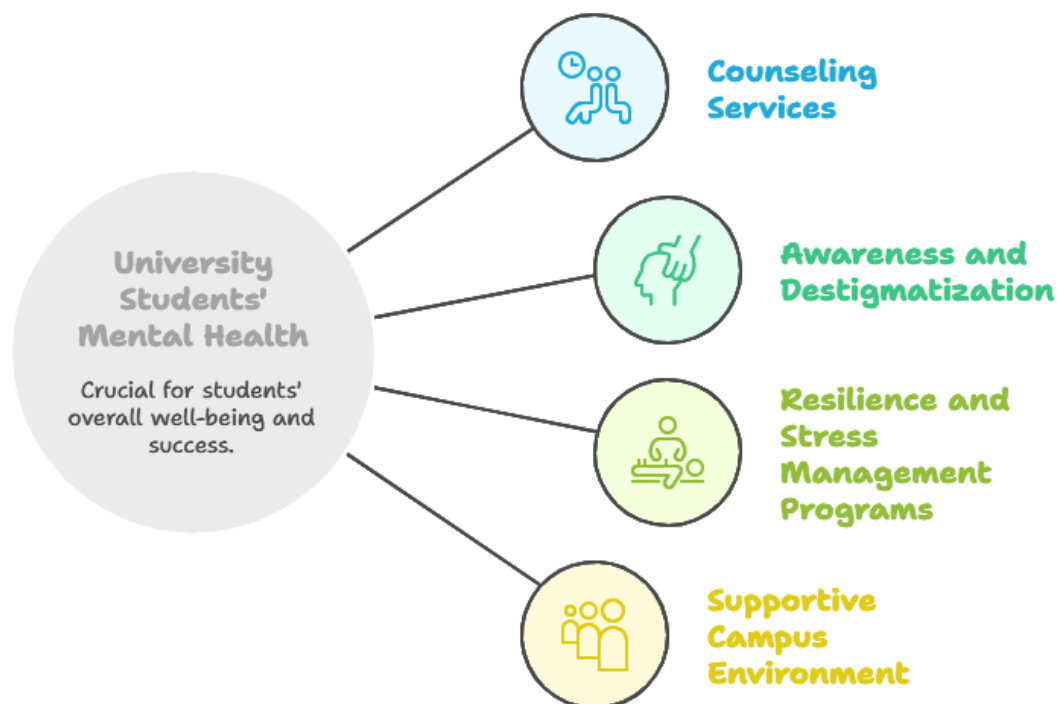




COMPILED REPORTS ON MENTAL HEALTH SUPPORT

Enhancing University Students' Mental Health



Introduction

Lincoln University College (LUC) recognizes that mental health is a vital component of overall well-being and academic success. The university is committed to creating a supportive and inclusive learning environment that prioritizes the emotional and psychological health of its students and staff. To achieve this, LUC provides comprehensive mental health support services through the Psychology and Counselling Unit, which operates under the Department of Psychology. This initiative aligns with Sustainable Development Goal (SDG) 3 — Good Health and Well-Being, ensuring that quality mental health care and emotional support are accessible to all members of the university community.

Psychology and Counselling Unit Overview

The Psychology and Counselling Unit serves as the university's primary platform for promoting mental health awareness and providing professional psychological support. It is staffed by qualified counsellors, psychologists, and trained faculty members who are dedicated to supporting students and staff in managing personal, social, and academic challenges. The unit functions under the supervision of the Department of Psychology, ensuring that all services are delivered in accordance with professional ethics, confidentiality, and best practices in counselling and psychotherapy.



Services Provided

The Psychology and Counselling Unit offers a wide range of services aimed at promoting emotional resilience, coping skills, and mental wellness among students and staff. The services include:

Individual Counselling

One-on-one confidential sessions for students and staff dealing with stress, anxiety, depression, grief, adjustment difficulties, or relationship concerns. Professional counsellors provide therapeutic support and coping strategies in a safe, non-judgmental environment.

Group Counselling and Peer Support

Group therapy sessions addressing topics such as stress management, exam anxiety, communication skills, and emotional regulation. Peer support initiatives that encourage students to share experiences and build resilience through mutual understanding.

Mental Health Awareness and Educational Workshops

Regular seminars and workshops on topics such as mental well-being, mindfulness, stress management, and emotional intelligence. Collaborative events between the Psychology Department and Student Affairs Unit to promote a campus culture of mental health awareness and empathy.

Psychological Assessment and Referral Services

Basic psychological assessments are available for students requiring further evaluation. When necessary, referrals are made to external mental health professionals or hospitals for specialized care.

Accessibility and Confidentiality

All counselling and mental health services at Lincoln University College are free and accessible to all registered students and university staff. Appointments can be made directly with the Psychology and Counselling Unit through the Psychology Department.



Strict confidentiality protocols are maintained to ensure privacy and trust, encouraging more individuals to seek help without fear of stigma or discrimination.

Educational Integration and Professional Training

The Psychology Department also integrates mental health education into its academic curriculum for psychology students. This approach ensures that future graduates are equipped with practical skills in counselling, assessment, and therapeutic techniques. Through supervised clinical practice and community engagement, students gain hands-on experience while supporting real-world mental health initiatives, further expanding the reach of mental health services within and beyond the university.



Impact and Outcomes

The establishment of the Psychology and Counselling Unit has significantly contributed to:

- ✚ Reducing academic stress and improving emotional resilience among students.
- ✚ Increasing awareness about mental health and reducing stigma through open dialogue.
- ✚ Providing early intervention for psychological issues, preventing escalation of distress.
- ✚ Enhancing academic performance and overall student satisfaction through improved emotional well-being.
- ✚ The initiative has fostered a campus environment that values empathy, inclusivity, and holistic development.

Lincoln University College demonstrates its firm commitment to the mental well-being of its community through the dedicated services of the Psychology and Counselling Unit under the Psychology Department. By providing accessible counselling, awareness programmes, and professional psychological support, the university ensures that every student and staff member has the opportunity to thrive mentally, emotionally, and academically. This ongoing effort reflects LUC's vision to nurture responsible, compassionate, and well-balanced individuals equipped to contribute positively to society.

Memorandum of Understanding (MOU)

Between

Lincoln University College Student Affairs Unit

And

Psychology and Counselling Unit, Psychology Department

And

Lincoln Polyclinic, Faculty of Medicine



1. Purpose

This Memorandum of Understanding (MOU) is established to outline the collaborative efforts between the **Student Affairs Unit**, the **Psychology and Counseling Unit** of the Psychology Department, and the **Lincoln Polyclinic** of the Faculty of Medicine. This partnership aims to enhance students' access to mental health support services, aligning with the objectives of **Sustainable Development Goal 3 (Good Health and Well-Being)**.

2. Objectives

- To provide comprehensive mental health support services to students.
- To deliver educational programs that promote mental health awareness and well-being.
- To ensure students have access to both free and charged mental health services.

3. Scope of Collaboration

The Parties agree to collaborate on the following initiatives:

3.1 Free Access Services

- **On-Campus Counseling:** The Psychology and Counseling Unit will provide free counselling sessions for students, offering individual therapy, group therapy, and workshops focusing on mental health issues.
- **Crisis Support:** The Polyclinic will establish a free, confidential crisis support hotline or online chat service available 24/7 to assist students in need.
- **Mental Health Workshops:** The Student Affairs Unit will coordinate mental health awareness workshops, with support from the Psychology and Counseling Unit, to address topics such as stress management, coping strategies, and emotional resilience.

3.2 Charged Access Services

- **Specialized Counseling Packages:** The Psychology and Counseling Unit will offer low-cost packages for specialized counselling services, such as long-term therapy or intensive workshops, to ensure sustainability of services.
- **Paid Workshops and Seminars:** Organize expert-led workshops and seminars focusing on advanced mental health topics for students at a reasonable fee.
- **Wellness Programs:** Develop and provide paid wellness programs (e.g., retreats, mindfulness training) to help students build mental resilience and enhance well-being.

4. Roles and Responsibilities

Each Party will have specific roles and responsibilities to facilitate the successful implementation of this MOU:

Student Affairs Unit:

- **Promotion of Services:** Actively promote mental health services to students through various communication channels, including social media, newsletters, and campus events.

- **Organizing Events:** Coordinate with the Psychology and Counseling Unit and the Polyclinic to organize mental health awareness events and workshops.

Psychology and Counseling Unit:

- **Providing Counseling Services:** Deliver professional counselling services, including crisis intervention, individual and group therapy, and workshops tailored to student needs.
- **Training Peer Counsellors:** Train student peer counsellors to provide informal support and referrals to professional services.

Lincoln Polyclinic:

- **Medical and Psychiatric Services:** Provide medical assessments and referrals for students requiring psychiatric services or medication management.
- **Collaborative Health Initiatives:** Work with the other Parties to develop collaborative health initiatives aimed at promoting mental well-being among students.

5. Confidentiality

The Parties agree to maintain the confidentiality of all sensitive information regarding students and the services provided, adhering to applicable laws and regulations.

6. Duration and Termination

This MOU shall be effective for a period of **three (3) years** from the date of signing and may be extended by mutual agreement. Either Party may terminate this agreement with at least **ninety (90) days** written notice to the other Parties.

7. Dispute Resolution

In the event of any dispute arising from this MOU, the Parties agree to resolve the matter amicably through discussions. If necessary, the Parties may seek mediation.

8. Amendments

This MOU may be amended only by a written agreement signed by all Parties.

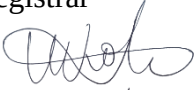
This **MOU** provides a structured framework for collaboration between the **Student Affairs Unit**, the **Psychology and Counseling Unit**, and the **Polyclinic** to enhance mental health support services for students, ensuring accessibility to both free and charged services. The agreement emphasizes the importance of mental well-being in the academic environment and aims to create a supportive community for all students.

9. Signatures

For Lincoln University College Student Affairs Unit

Name: Mr. Mohd Nikmat Bin Wahib

Position: Registrar

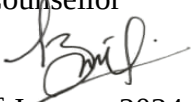
Signature: 

Date: 8th of January 2024

For Psychology and Counselling Unit, Psychology Department

Name: Ms. Siti Izati Binti Ismail (PA 06541)

Position: Counsellor

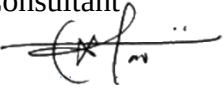
Signature: 

Date: 8th of January 2024

For Lincoln Polyclinic, Faculty of Medicine

Name: Dr. Abdullah Bin Maliq

Position: Consultant

Signature: 

Date: 8th of January 2024



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 January, 2024

LINCOLN
UNIVERSITY COLLEGE
DKU016 (B)



Memo

January 10th 2024

To: All Students

From: Student Affairs Department

Subject: Access to Mental Health Support Services

We are excited to inform you that the **Student Affairs Unit** has entered into a **Memorandum of Understanding (MOU)** with the **Psychology and Counselling Unit** of the Psychology Department and the **Lincoln Polyclinic**. This collaboration is designed to enhance your access to **mental health support services** and promote your overall well-being.

Key Features of the MOU:

- **Free Mental Health Services:** Students will have access to **free counselling services**, including individual and group therapy sessions. Our trained professionals are here to support you with any mental health concerns you may have.
- **Crisis Support:** A confidential crisis support hotline will be available for students in need of immediate assistance. We understand that mental health emergencies can arise, and we want to ensure you have access to help whenever you need it.
- **Workshops and Educational Programs:** We will organize a series of workshops focusing on mental health awareness, stress management, emotional resilience, and coping strategies. These programs will equip you with valuable tools to navigate challenges effectively.
- **Peer Support Programs:** Trained peer counsellors will be available to offer support and guidance, fostering a safe space for you to share your experiences.

How to Access These Services:

1. **Visit the Psychology and Counselling Unit:** You can drop in during office hours for consultations or questions about mental health resources.
2. **Make Appointments:** To optimize your time, we encourage you to schedule an appointment through the Student Affairs Office or directly with the Psychology and Counselling Unit.
3. **Participate in Workshops:** Keep an eye out for announcements regarding upcoming workshops and events that focus on mental health topics relevant to you.

Your mental health is vital to your academic success and overall well-being. We encourage you to take advantage of these services and reach out if you have any questions or need further information.

Thank you for your attention, and we look forward to supporting your mental health journey.

Student Affairs Department

Lincoln University College





Report on Mental Health and Wellbeing Activities for Students' Wellbeing

(2023-2024)

LINCOLN
UNIVERSITY COLLEGE
DKU016 (B)

Growing Academically, Thrive Mentally: Well-Being for Success



Mental health and well-being are crucial components of a student's overall development and academic success. At Lincoln University College, we recognize the importance of creating a supportive and nurturing environment where students can thrive both academically and personally. This report outlines the policy framework aimed at promoting mental well-being among students, providing resources for support, and creating a campus culture that prioritizes mental health.

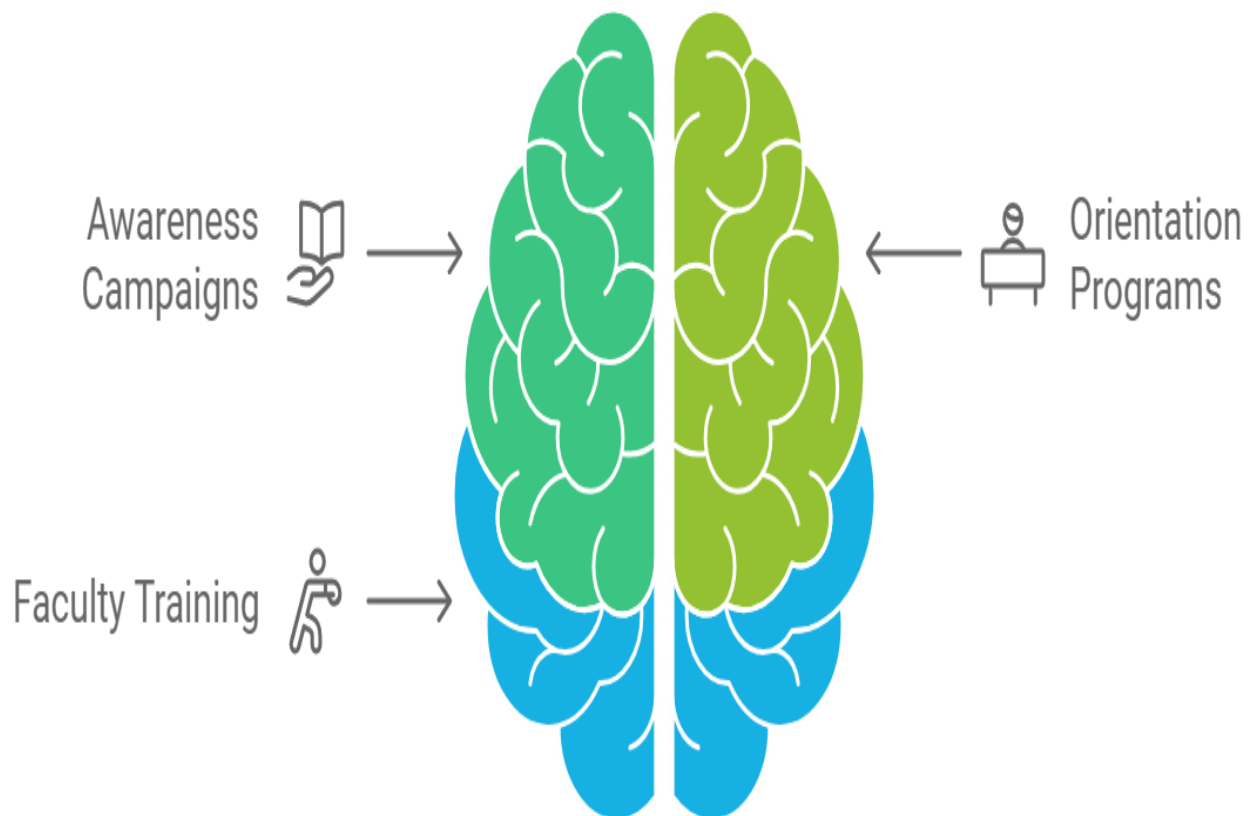
Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder. There are many different types of mental disorders. Some common ones include:

- 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

Comprehensive Mental Health Strategy



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.

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.

PROMOTING MENTAL HEALTH AND WELL-BEING AT LINCOLN UNIVERSITY COLLEGE

To ensure a supportive environment for students, Lincoln University College can adopt the following strategies:

Mental Health Awareness and Education

Workshops and Seminars: Regular mental health awareness programs should be organized to educate student on mental health issues, signs of distress, and coping mechanisms.

Mental Health First Aid Training: Equip key students with the skills to recognize and respond to mental health crises among colleagues.

Stress Management Programs

Mindfulness and Meditation Sessions: Implementing regular mindfulness, meditation, and stress-reduction programs can help student manage their stress more effectively.

Physical Well-Being Programs: Encouraging physical activities such as yoga, fitness classes, or group walks can reduce stress and promote overall well-being.

Work-Life Balance Initiatives

Flexible Working Hours: Offering flexible schedules or the option to work from home can reduce the pressure on student to balance personal and professional life.

Time Off and Leave Policies: Promoting a culture where taking leave for mental

health reasons is accepted and encouraged can help student recharge and prevent burnout.

Access to Professional Support

Counseling Services: Providing access to professional counseling services, either on-campus or through external partnerships, can offer student confidential support.

Employee Assistance Programs (EAP): Implement an EAP that offers resources for mental health support, including confidential counseling and referral services.

Creating a Supportive Environment

Open Communication: Foster a culture of open communication where student feel safe discussing mental health challenges with supervisors or HR without fear of stigma.

Peer Support Networks: Encourage peer support groups where students can share experiences and coping strategies in a safe, supportive environment.

Evaluation and Feedback Mechanisms

Regular assessments should be conducted to evaluate the effectiveness of mental health programs at Lincoln University College. Surveys and feedback sessions will allow student to voice concerns and provide input on the initiatives in place. The well-being of student should be considered a key performance indicator (KPI) for institutional success.

ACTIVITIES CONDUCTED FOR STUDENT WELLBEING

Lincoln University College Celebrates Unity and National Pride with Merdeka Fun Run

Lincoln University College, Malaysia proudly hosted the Merdeka Fun Run in collaboration with MBPJ as part of the 2024 Merdeka celebrations.

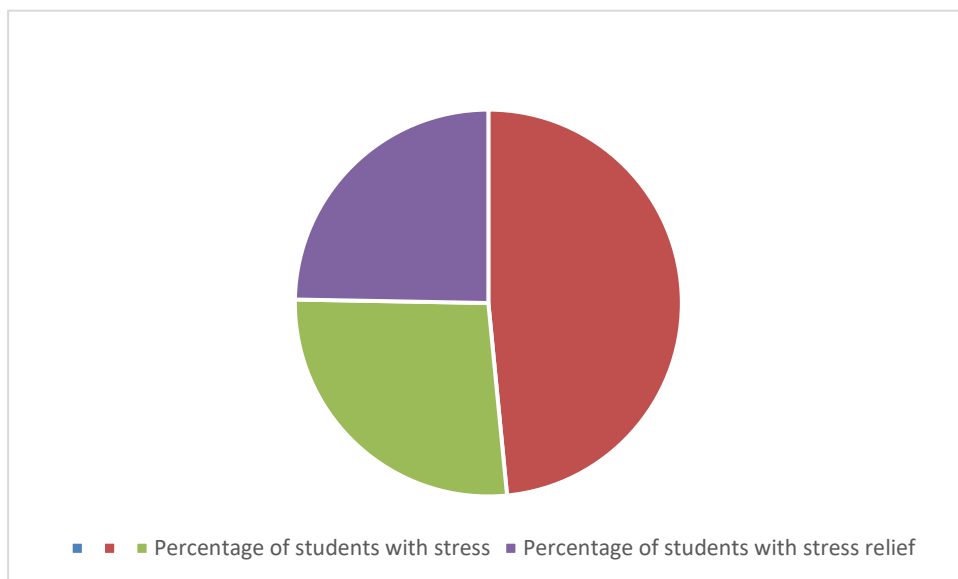
This event brought together students, student, and the local community to celebrate Malaysia's independence in a fun and engaging way. Participants enjoyed an energetic run, followed by an interactive town hall session, where they shared ideas and discussed important local issues.



CSR Talk on Mental Health Education

On May 31, 2024, the Faculty of Nursing, Universitas Muhammadiyah Semarang (UNIMUS), Indonesia, in collaboration with the Faculty of Nursing, Lincoln University College, Malaysia, organized a CSR Talk on Mental Health Education for the students.

Nursing Lecturers at Muhammadiyah University of Semarang, Indonesia – Ns. Tri Nurhidayati, Ns. Dera Alfiyanti and Ns. Desi Ariyana Rahayu – were the speakers of the event.



The above pie chart shows how counselling has helped student by the process of counselling.

Submitted and recorded by
Student Affairs Department
Lincoln University College, Malaysia



CSR TALK ON MENTAL HEALTH EDUCATION

On May 31, 2024, the Faculty of Nursing, Universitas Muhammadiyah Semarang (UNIMUS), Indonesia, in collaboration with the Faculty of Nursing, Lincoln University College, Malaysia, organized a CSR Talk on Mental Health Education for the students.

Nursing Lecturers at Muhammadiyah University of Semarang, Indonesia – Ns. Tri Nurhidayati, Ns. Dera Alfiyanti and Ns. Desi Ariyana Rahayu – were the speakers of the event.





<https://www.lincoln.edu.my/csr-talk-on-mental-health-education/>