



*Workshop on*  
**“Engaging University Faculty for  
Mental Health Wellbeing of Youth”**

*To mark World Mental Health Day – 2021*

Thursday, October 14, 2021 **10:00 – 13:30 hrs PST (GMT+5)**

### Introduction

Mental health is the state of psychological wellbeing in which an individual is fully aware and in control of their abilities. In good mental health, one can cope with the normal stress of life, work productively, and thus able to contribute to the society positively. There are several biological and social factors that have a direct impact on people's thinking, mood and behavior.

According to WHO, depression is one of the leading causes of disability and suicide is the second leading cause of death among youth of 15-29 years of age. People with severe mental health conditions die prematurely – as much as two decades early – due to preventable physical condition. Inclusion of mental health in the Sustainable Development Goal (SDG) – 03, i.e., good health and wellbeing for all at all ages, reflects the fact that the goal cannot be achieved without giving due importance to mental health, as physical and psychological health are interdependent on each other.

### Significance of Mental Health Awareness

Although psychological disorders are widespread among communities, acknowledgement awareness and treatment of these remain limited. Misinformation, cultural and social barriers, lack of empathy and judgmental behavior of society, and embarrassment on part of patient make the treatment of mental illness difficult. Educating people about the signs of mental illness, significance of treatment and making treatment more accessible is important.

### World Mental Health Day 2021

Psychological health of every individual of society is important at all ages; however, youth being the custodian of the future need special attention in this regard. It is crucial to take care of young generation's mental health to achieve targets mentioned in sustainable development goals; 1, 2, 3, 4, 8, 9, 11, 12, and 16. Parents have the most important role in the mental wellbeing of a young person, while role of teachers, their responsibility and impact on students' personalities, thoughts, and way to perceive and tackle situations is not fully utilized. They not only influence the personality of the student, but are well-placed to identify any red flags for mental illness in the students.

In the view of all above, COMSATS and CUI have organized a workshop for faculty members of universities to observe this World Mental Health day. The workshop will not only highlight the role of teachers in mental well-being of students during their academic pursuits but it also aims to educate the faculty on how to identify the initial signs of mental distress and behavioral issues in students, etc. In doing so, the workshop also contributes to SDG 4 (quality education).

### Objectives:

- Create awareness on and highlight importance of mental health among the faculty of university/universities.
- Guide the faculty how to identify red flags indicating mental illness in students.
- Give faculty with useful tips and ways to handle behavioral disturbances in students.

### Who should attend?

- Faculty members of universities
- Other relevant university officials

### Organizing partners

- COMSATS Secretariat (Telehealth Desk)
- COMSATS University Islamabad (CUI).

### Venue:

- Video Conferencing Room, Library Basement, COMSATS University Islamabad, Park Road Chak Shehzad, Islamabad.

### For further information, please contact:

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