



Workshop on

“Engaging University Faculty for Mental Health Wellbeing of Youth”

Tuesday, 25th October 2022

09:30am – 02:00pm (PST)



INTRODUCTION

Good Mental health is the state of psychological wellbeing in which an individual is fully aware and in control of their abilities. In optimum mental health, one can easily cope with the normal stress of life, work productively, and thus is 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, and is the second leading cause of death among youth of ages between 15-29 years. People with severe mental health issues die prematurely – as much as two decades early – due to preventable physical conditions. Inclusion of mental health in the Sustainable Development Goal (SDG) – 03, i.e., good health and wellbeing for all at all ages, reinforces the fact that the goal cannot be achieved without giving due importance to mental health, as physical and psychological health are interdependent.

SIGNIFICANCE OF MENTAL HEALTH AWARENESS

Although psychological disorders are widespread among communities, due realization, awareness, and treatment of these remain limited. Misinformation, cultural and social barriers, lack of empathy, judgmental behavior of society, and embarrassment on part of the patient make the treatment of mental illnesses difficult. Educating people about the signs of mental illness, right treatment and improving its accessibility is crucial to aide the cause of mental health.

WORLD MENTAL HEALTH DAY 2022

Psychological health of every individual of society is important at all ages; however, youth being the custodian of the future needs special attention in this regard. It is crucial to take care of young generation’s mental health to achieve related targets of Sustainable Development Goals; 1, 2, 3, 4, 8, 9, 11, 12, and 16. Parents have the most important role in ensuring mental wellbeing of a young person, while role of teachers, their responsibility and impact on students’ personalities, thoughts, and ways to perceive and deal with the challenges is not fully utilized. They not only influence the personality of the student, but are well-placed to identify any red flags related to student’s mental health.

In view of the above, COMSATS Secretariat and Faculty Development Academy (FDA), CUI, have organized a workshop for faculty members of universities to observe this World Mental Health Day 2022. The workshop will not only highlight the role of teachers in mental wellbeing of students during their academic pursuits but 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

- i) Create awareness on and highlight importance of mental health among the faculty members of universities;
- ii) Educate faculty members how to identify red flags indicating mental illness in students;
- iii) Orient faculty on ways to handle behavioral disturbances in students.

Who should attend?

- Faculty members of universities
- Other relevant university officials

Organizing partners

- COMSATS Secretariat
- Faculty Development Academy (FDA), CUI

Venue

- Student Startup Business Centre (SSBC), COMSATS University Islamabad, Park Road, Chak Shehzad, Islamabad.

For further information, please contact

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