



# ATENEO DE NAGA UNIVERSITY: STRENGTHENING MENTAL HEALTH AND WELL-BEING SUPPORT

## Institutional Framework and Commitment

Ateneo de Naga University (ADNU) upholds the well-being of its employees as an essential part of institutional sustainability and formation. Through the Center for Psychological Services (CPS) under the College of Humanities and Social Sciences, the University provides structured and professional mental health care to faculty, staff, students, and partner communities.

The CPS operates with a team composed of a Director, Deputy Director, professional staff, and supervised trainees. Its programs reflect the University's mission to promote holistic formation and the Ignatian value of *cura personalis*, ensuring that every member of the community is cared for as a whole person—emotionally, psychologically, and spiritually.



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## Implementation and Scope

CPS offers confidential counseling and consultation services for faculty and staff. Appointments may be scheduled for individual or group sessions, conducted by licensed professionals or supervised student clinicians. The center also facilitates psychological testing and assessments to support personal growth, performance evaluation, and workplace well-being.

The office regularly conducts workshops and psychoeducation activities on topics such as stress management, mindfulness, and emotional regulation. These sessions are developed in coordination with the Human Resource Management Office (HRMO), the Guidance Centers, and other formation offices to ensure institution-wide accessibility.

Beyond the campus, CPS extends its services to partner communities by providing mental health education and crisis response sessions. This outreach component reinforces ADNU's broader social mission of compassion and service.



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## Social and Developmental Impact

The availability of mental health programs has strengthened the University's organizational resilience and culture of care. Employees report improved morale, better coping mechanisms, and greater openness to seeking support. The presence of CPS as a permanent unit institutionalizes mental health care within University operations, ensuring consistent access and professional guidance for all employees.

Through this initiative, Ateneo de Naga University demonstrates its dedication to creating a supportive and inclusive workplace that prioritizes well-being and human dignity. The CPS stands as a cornerstone of ADNU's commitment to formation, service, and the promotion of a compassionate institutional community.



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