



**LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO**

**POST
EVENT REPORT**

**MENTAL HEALTH SUPPORT FOR FACULTY
AND STAFF AT LUMHS**

YEAR - 2023

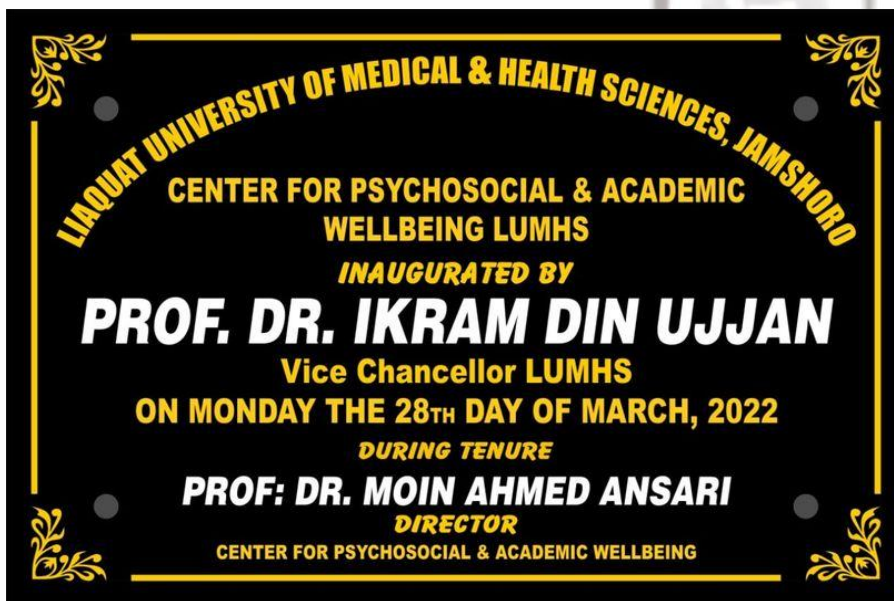
Mental Health Support for Faculty and Staff at LUMHS

1. Establishment of Center for Psycho-Social & Academic Wellbeing

Liaquat University of Medical and Health Sciences has launched a groundbreaking Center for Psycho-Social and Academic Wellbeing, marking a significant milestone in supporting students, staff and faculty towards' mental health and academic success. Inaugurated on March 28th, 2022, by worthy Vice Chancellor Professor Dr. Ikram Din Ujjan and Founding Director Professor Dr. Moin Ahmed Ansari, this pioneering center addresses the holistic needs of students, promoting their psychosocial wellbeing and academic excellence. The center has additional facility for faculty and staff to provide psycho-social support for mental health and wellbeing. The center provides mental health support to the

Functions of Center for Psycho-social support for staff and faculty

- Provides mental health services to staff and faculty Offers counseling, therapy, and support groups
- Conducts awareness programs and sessions to promote mental health
- Trained occupational therapists and counselors
- Confidential and non-judgmental environment





Awareness and Informative Sessions:

- Mental Health Day is celebrated every year at LUMHS which involves teaching faculty staff and people from different groups and communities which is Expert-led session addressing stress management, anxiety, and depression

By integrating these initiatives, LUMHS demonstrates its commitment to mental health and wellbeing, aligning with Sustainable Development Goal (SDG) 3: Good Health and Well-being.



