

MENTAL AND PHYSICAL HEALTH CARE FOR STAFF, LECTURERS, AND EMPLOYEES AT NAM CAN THO UNIVERSITY

In the university environment, staff, lecturers, and employees are responsible for educating and managing students while facing significant pressures related to work, time, and societal expectations. To ensure that they can effectively fulfill their duties while maintaining a high quality of life, Nam Can Tho University has developed comprehensive healthcare programs with a special emphasis on mental and physical health. These initiatives are vital steps toward creating a healthy and positive work environment that enhances educational quality and fosters a sustainable university community.

1. Providing Psychological Testing and Consultation – Supporting Mental Health

Nam Can Tho University, in collaboration with Nam Can Tho University Medical Center, has launched mental health services for university staff, lecturers, and employees. These services include mental health assessments, counseling sessions, and specialized consultations upon request. For staff and employees facing difficult circumstances, the university provides these services free of charge. These counseling sessions are instrumental in the early detection of symptoms of stress, anxiety, or other psychological issues, enabling timely interventions to maintain mental well-being and improve work performance.



Additionally, the university offers a variety of psychological services, such as psychological assessments, individual counseling, cognitive-behavioral therapy, talk therapy, group counseling sessions, mental health workshops, periodic check-ups, and post-assessment consultations. These services not only facilitate early identification and management of psychological issues but also contribute to a healthy work environment that supports the sustainable development of the faculty and staff. The university encourages regular counseling to support mental health and helps staff adopt methods to improve and maintain mental balance in their daily lives. Experienced educational psychologists assist staff in understanding their psychological state and provide appropriate solutions and therapies as needed.

Furthermore, in partnership with Nam Can Tho University Medical Center, the university organizes health screening programs with preferential policies and discount cards based on job roles and positions.



2. Organizing Sports Activities – Enhancing Physical Health

Mental and physical health are inseparable in maintaining work efficiency and quality of life. To support the well-being of staff and lecturers, Nam Can Tho University regularly organizes sports activities, offering staff and lecturers opportunities to exercise, relax, and interact socially after work hours. These activities typically include team sports like soccer, volleyball, badminton, pickleball, and tennis, along with free sports classes, allowing everyone to participate comfortably based on their fitness levels.



Nam Can Tho University has also invested in quality facilities for sports activities, including tennis courts, pickleball courts, soccer fields, volleyball courts, basketball courts, badminton courts, table tennis areas, a swimming pool, and a gym within the campus. Through these sports activities, staff and lecturers can reduce stress, improve physical health, and maintain a refreshed mental state, providing motivation and positive energy for returning to work. In addition, sports activities foster solidarity, team spirit, and bonding among individuals in the workplace.



Comprehensive health care programs for staff, lecturers, and employees at Nam Can Tho University go beyond psychological support and sports activities, aiming to cultivate healthy living habits, create a positive work environment, and promote mutual support. The university encourages staff to develop balanced work and rest routines while offering workshops on stress management, nutrition, and personal health care. Raising health awareness and providing practical solutions for maintaining well-being are part of Nam Can Tho University's long-term goals.