



update
WELLBEING ACTIVITIES
UPDATE



July

IN THIS MONTH

Discovery

2 Talks
69 Students
75 Staff

- Embrace Change in Life Transitions
- Unlocking Mental Health: Spot the Signs, Save Lives

Others

2 Trainings
1048 Students (1046 students under PFA mobile learning)
36 Staff

- Psychological First Aid (Physical Sessions)
- Psychological First Aid (Mobile Learning)
- Advanced Psychological First Aid

August

COMING MONTH

Discovery

- Beat Stress and Burnout: Mental Wellness Unveiled
- Secrets to Effective Conflict Resolution

Others

- Building a Positive Environment through Positive Psychology [For CEE Faculty]



ALWAYS-ON ACTIVITIES/SERVICES

- Wellbeing Mobile App – Intellect [For Students and Employees]
- Student Counselling
- Employee Assistance Programme





WELLBEING DISCOVERY

WELLBEING DISCOVERY

Wellbeing
Discovery

A series of talks to raise awareness of wellbeing and mental health matters in the NTU community. It also aims to provide resources for students and staff to handle the daily challenges in life.

WELLBEING DISCOVERY

Beat Stress and Burnout: Mental Wellness Unveiled

14 August 2024 | 12.00pm — 1.15pm

Highlights:

- Understand the importance of mental wellbeing
- Identify signs of stress and burnout
- Learn strategies for maintaining mental wellness



wellbeing
discovery



Mr Kayden Look, Social Worker
Viriya Community Services



WELLBEING DISCOVERY

wellbeing
discovery

Secrets to Effective Conflict Resolution

26 August 2024 | 12.00pm — 1.15pm

Highlights:

- Understand the root causes and triggers of conflict
- Explore ways to achieve a win-win solution
- Learn more about mediation and NTU's mediation unit



**Assoc Prof Lum Kit-Wye, Associate Professor (Practice)
Nanyang Business School**





ALWAYS-ON ACTIVITIES/SERVICES



Always-On Activities/Services

Wellbeing Mobile App - Intellect (For Students and Employees)



All NTU students and employees can utilise self-help wellbeing tools as well as live coaching/counselling via the mobile app *Intellect*!

Free access to *Intellect* is now available for all NTU students and employees.

Find out more [here](#).

Scan the QR code below to download *Intellect*:



Always-On Activities/Services

Student Counselling

others

UWO has a team of professional counsellors at the University Counselling Centre (UCC). UCC provides a supportive and confidential setting where individuals can engage with counsellors to address their goals and concerns. The counsellors are available to support those who are facing difficulties/challenges that affect their daily or academic functioning.

Contact Us	Visit Us	Opening Hours
Tel (24x7): 6790-4462 Email: ucc-students@ntu.edu.sg	#02-01 University Health Service 36 Nanyang Avenue Singapore 639801	Monday to Thursday: 8.30am – 5.45pm Friday: 8.30am – 5.15pm Saturdays, Sundays and Public Holidays: Closed

All services provided by UCC are free for NTU students. Click [here](#) to find out more.

UCC will be launching **BEACON@SCHOOLS** – a satellite counselling service made available at schools – offering students easy access to mental health support and lowering barriers to seeking help. This service promotes early intervention and fosters a supportive environment to achieve better student wellbeing outcomes. It was soft launched progressively from June 2024 to July 2024 and will be officially launched in August 2024. If you require further information or have any further queries, please write to ucc-beacon@ntu.edu.sg.

Always-On Activities/Services

Student Insurance New Provider - AIA

AIA will be the new provider for the student Group Personal Accident Insurance (GPAI) as well as Group Hospital & Surgical Insurance (GHSI).

Students may refer to the welcome email from AIA to register for an account. The account will allow students to submit and track their insurance claims online.

For expenses incurred prior to 1 July 2024, students should submit their claims to Singlife for GPAI and Raffles Health Insurance for GHSI. Please [click](#) here for more details on the submission process.

Please let students know to check out our [One-Stop](#) webpage for more details and information about their coverage and how to submit claims.



UPCOMING SERVICES

Psychological First Aid Mobile Learning

Join our new Psychological First Aid (PFA) Mobile Learning application to gain fundamental knowledge and skills, and support your classmates or loved ones, conveniently through your smartphone.

The application offers knowledge and realistic simulations for hands-on practice and learning, ensuring you are ready to support someone in distress. You will also receive personalised feedback based on your performance, enhancing your understanding and proficiency in PFA techniques.

All students and employees will have free access to the PFA Mobile Learning application.

Stay tuned for more updates this August!



ABOUT Us

The University Wellbeing Office (UWO) serves as the central student and employee wellbeing care and support provider and coordinator in NTU, ensuring their wellbeing needs are effectively met.

Our Focus Areas are:

- Counselling Service
- Proactive and Preventive Programming
- Critical Care and First Responder Support
- Workplace Wellbeing

Professional counselling services for students are provided by the University Counselling Centre (a unit of the UWO).

ESSENTIAL CONTACT

- UWO Main Line: 6513-2728
- Campus Security 24x7: 6790-5200

SELF-HELP RESOURCES

[CLICK FOR SELF-HELP RESOURCE \[STAFF\]](#)

[CLICK FOR SELF-HELP RESOURCE \[STUDENTS\]](#)

[CLICK FOR WELLBEING TOOLKIT \[PEOPLE MANAGERS AND STUDENT SUPERVISORS\]](#)

[BLOG](#)

[TELEGRAM](#)

[INSTAGRAM](#)

[EMAIL](#)