



SDG 3 - Good Health and Well-being

Equator University of Science and Technology

Times Higher Education Sustainability Impact Ratings 2026

3.3.5: Mental Health Support for Students

Statement:

The Equator University of Science and Technology (EQUaT) provides mental health support for students, free of cost.

Mental Health Counselling Services

The Equator University of Science and Technology (EQUaT) has established a Counsellor's Office to address mental health challenges and promote overall well-being. The office provides professional counselling and psychosocial support to students, faculty, staff, and members of the surrounding community.

All services are offered free of charge, reflecting EQUaT's commitment to creating a supportive environment where mental health care is accessible to everyone.

Evidence:

<https://equat.ac.ug/news/equat-opens-mental-health-and-sexual-reproductive-health-office-to-the-public>

Annual EQUaT Dinner

The Equator University of Science and Technology (EQUaT) places a strong emphasis on supporting students' mental health and overall well-being. To foster a positive and inclusive environment, the university organized a collective dinner for students, officiated by the Guild President, Ahmed Baryamujura.

The evening began with a dedicated talk session focused on mental health, where students received guidance on managing stress, improving time management, and maintaining a healthy balance between academic responsibilities and personal life. They were also encouraged to build supportive relationships and develop effective coping strategies to navigate challenges.

Following the session, students came together to enjoy a variety of foods and drinks, showcase their fashion, and participate in a dance session, strengthening their sense of community and belonging.



This initiative reflects EQUaT's commitment to actively promoting mental health awareness and providing meaningful support to ensure students thrive both academically and personally.

Evidence:

<https://equsat.ac.ug/news/glitz-and-glamour-at-the-first-students-equsat-dinner>

Youth Empowerment Program

The university organized a Youth Empowerment Program in collaboration with Helping Hand for Relief and Development (HHRD) to address key areas such as financial literacy, social connectivity, and mental health. The program included sessions led by mental health and counselling experts, offering strategies to manage stress and improve emotional well-being.

Students, faculty and staff members actively participated in the sessions, gaining valuable insights into balancing work and personal life, as well as fostering positive workplace relationships. This initiative reflects the university's dedication to supporting mental health and building a healthier, more resilient workforce.

The conference was graced by the Vice Chancellor, Prof. Mouhamad Mpezamihigo, Mr. Haruna Kibirige of HHRD, and other distinguished guests. It significantly impacted students, faculty and staff, leading to the formation of SACCOS aimed at providing continued financial and emotional support.

This initiative highlights the university's commitment to mental well-being through education, resources, and long-term support systems.

Evidence:

<https://equsat.ac.ug/news/equsat-hosts-youth-empowerment-conference-in-partnership-with-hhrd>

I-Talk Seminar

The Equator University of Science & Technology (EQUaT) organized the I-Talk seminar, led by the Guild Government, as a health outreach program, focused on supporting student health and well-being. The program focused on mental health, career guidance, and personal development, and was facilitated by the university's Counsellor, Vice Chancellor, Dean of Students, and other experts.

Over 100 students attended, participating in interactive sessions and social activities such as truth or dare, board games, bottle flipping, campfire, etc. These activities promoted peer support, social connectivity, and stress relief.



By combining educational sessions with interactive engagement, the seminar enhanced mental resilience, well-being, and holistic personal development, extending health outreach to the student community.

Evidence:

<https://equsat.ac.ug/news/eqsat-guild-hosts-i-talk-seminar-on-mental-health-and-personal-development>

Field Trip to Equator Line

The university organized a field trip to the Equator Line to provide students with a refreshing experience outside their regular academic routines, with a special focus on supporting their mental health. During the visit, students participated in engaging geographical experiments, including Coriolis Effect Water Drain Experiment and Balance of Object Experiment, which fostered learning in a fun and interactive way.

This activity allowed students to relax, socialize, and relieve academic stress, promoting mental well-being while strengthening their sense of belonging to the university community. By combining education with recreation, the event supported students' overall mental health and created a positive environment for personal growth and connection.

Evidence:

<https://equsat.ac.ug/news/eqsat-students-visit-equator-line>