



SDG 3 - Good Health and Well-being

Equator University of Science and Technology

Times Higher Education Sustainability Impact Ratings 2026

3.3.7: Mental Health Support for Staff

Statement:

The Equator University of Science and Technology (EQUaT) provides faculty and staff with access to mental health support.

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>

Commemoration of Labour Day

On International Labour Day, the university demonstrated its commitment to the well-being of its faculty and staff by granting a day off to rest and recharge. Throughout the day, digital platforms were used to share free resources on stress management, work-life balance, and creating a supportive workplace.

Virtual discussions were also held to encourage open conversations about mental health and teamwork. This initiative reflects the university's active promotion of good mental health and its dedication to providing accessible mental health support for all faculty and staff.

Evidence:

<https://equat.ac.ug/news/equat-commemorates-international-labour-day-with-staff-leave-and-online-engagements>



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. It significantly impacted students, faculty and staff, leading to the formation of Saving and Credit Cooperative Organization (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://equat.ac.ug/news/equat-hosts-youth-empowerment-conference-in-partnership-with-hhrd>