



The Counselling and Wellbeing Centre of North South University in collaboration with Kaan Pete Roi begins training of the first batch of 25 students on the Mental Health Preliminary Response module at the NSU in Dhaka on Thursday. — Press release

NSU launches mental health support group

Staff Correspondent

THE Counselling and Wellbeing Centre of North South University in collaboration with Kaan Pete Roi began training of the first batch of 25 students on the Mental Health Preliminary Response module at the NSU in Dhaka on Thursday.

NSU proctor Professor Abdul Khaleque addressed welcome speech at the event, said a press release.

He encouraged students to fight stigma of mental health and to reach out to professionals when needed, stressing on the commitment to ensure wellbeing of NSU community.

Clinical psychologist and national trainer of mental health first aid, Rubina Jahan, was the facilitator while head of training and outreach, KPR, Ashik Abdullah, co-facilitated the training.

The participants were educated in mental health concepts, suicide risk assessment, internationally accredited crisis support model-befriending, self-care and wellbeing.

About 500 students will be trained in different training modules to improve mental health literacy, awareness, well-being and capacity building.

This training will allow students to provide support to the wider community outside of NSU in long run and contribute in achieving sustainable development goal 3 of the United Nations for the country as well.