



## To Whom It May Concern

### Mental Health and Personal Well-being Support for Staff at Mawlana Bhashani Science and Technology University (MBSTU)

Mawlana Bhashani Science and Technology University (MBSTU) recognizes that the mental health and emotional well-being of its staff are essential for a productive, harmonious, and supportive working environment. The University ensures that staff have access to professional psychological support and health guidance through the University Medical Center, which is responsible for all mental health services for employees.

- ❖ **Objective:** The main objectives of MBSTU's mental health support for staff are to:
  - Promote mental health awareness and emotional well-being among staff members.
  - Provide psychological counseling and emotional support as needed.
  - Address personal or work-related issues affecting staff performance or well-being.
  - Foster a healthy, supportive, and inclusive working environment.
- ❖ **Activities and Services:** The University Medical Center provides the following services to staff:
  - **Individual Counseling:** Confidential one-on-one sessions for staff experiencing personal, emotional, or work-related challenges.
  - **Crisis Support:** Immediate assistance for staff facing acute psychological or emotional distress.
  - **Health Guidance and Referral Services:** Referral to specialized mental health professionals or external practitioners when required.
  - **Awareness Programs:** Occasional seminars and initiatives promoting staff mental health and well-being.
- ❖ **Accessibility and Confidentiality:**
  - All counseling and support services for staff are free of charge.
  - Services are accessible to all University employees without restriction.
  - All counseling sessions, records, and personal information are strictly confidential.
  - Staff can directly approach the University Medical Center for support at any time.

DR. AHAMMOD HOSSAIN SIDDIQUE  
Chief of the Office (Acting)  
Medical Center  
Mawlana Bhashani Science and Technology University  
Santosh, Tangail-1902, Bangladesh



❖ **Impact and Commitment:**

Through these initiatives, MBSTU demonstrates a strong commitment to supporting the mental health and personal well-being of its staff. By providing accessible, confidential, and professional services, the University ensures that staff receive the necessary care to maintain emotional resilience, work-life balance, and overall productivity. This commitment reflects MBSTU's broader vision of fostering a caring, healthy, and sustainable working environment for all employees.

*Adhikar*  
15.06.24

**Dr. Ahammod Hossain Siddique**

Deputy Chief Medical Officer

Head of the Office (Acting)

Medical Center

Mawlana Bhashani Science and Technology University (MBSTU)

Santosh, Tangail-1902, Bangladesh

Mobile: +8801710967495

**Attachments:**

01. Photograph showing mental health support provided by the Medical Center.
02. List of appointed health specialists and their duty roster.