

SUPPORTING REPORT

Social Impact – Health and Wellbeing (HW2)

Access to Mental Health Services for Students and Staff

Psychology Unit

Year: 2025

1. Introduction

Escuela Superior Politécnica del Litoral (ESPOL), through the Polytechnic Wellbeing Management, delivers comprehensive mental health services for students, faculty, and administrative staff. These services focus on psychological care, psychosocial risk prevention, and the promotion of overall wellbeing.

The model is based on a holistic approach that integrates individual care, preventive interventions, institutional programs, and community-based actions, addressing emotional, academic, and social dimensions of the university community in a coordinated manner.

2. Access to Services

Access to mental health services is available to the entire university community through formal institutional mechanisms that enable both direct care and participation in preventive strategies.

These mechanisms include:

- Direct requests for psychological support through institutional channels (both in-person and digital), allowing for appointment scheduling and case follow-up
- Referrals from academic units, administrative departments, or institutional programs, facilitating early identification of needs
- Open participation in workshops, programs, and wellbeing campaigns disseminated across the institution

The system ensures confidentiality, continuity of care, and timely response based on identified needs.

3. Service Coverage

During 2025, the Psychology Unit reported:

- **1,486 individual psychological consultations**, distributed as follows:
 - 1,360 students (91.52%)
 - 69 faculty members (4.64%)
 - 57 administrative staff (3.43%)
- **58 institutional events** focused on promotion, prevention, emotional support, and wellbeing strengthening
- **8,836 total participations** in mental health activities

These results demonstrate sustained coverage that combines individual care with community-level interventions.

4. Issues Addressed

Psychological consultations reflect a wide range of psychosocial needs within the university community. The most prevalent issues include:

- Relationship conflicts (17.7%)
- Family-related difficulties (15.1%)
- Academic and educational challenges (12.5%)
- Health-related risk factors (5.8%)
- Depressive episodes (5.1%)

This diversity highlights the need for a comprehensive approach combining clinical intervention, psychoeducational support, and preventive strategies.

5. Services and Intervention Lines

Mental health services are structured into complementary intervention lines that address different levels of need:

- Individual psychological care: assessment, guidance, and follow-up
- Psychosocial risk prevention: early identification and risk reduction
- Wellbeing promotion: development of socio-emotional skills, self-care, and resilience
- Academic environment intervention: strengthening educational climate and coexistence
- Psychoeducational support: assistance in adaptation, learning processes, and student retention

This approach enables interventions at both individual and collective levels within the university environment.

6. Institutional Programs

RAD Project (Diversity Assistance Network)

An institutional comprehensive care model for students with disabilities and specific educational needs. It integrates psychoeducational assessment, emotional support, curricular adaptations, and academic monitoring.

2025 Results:

- 46 students supported
- 184 faculty members engaged in curricular adaptation processes
- 20 personalized faculty support sessions

Evidence:

<https://www.bienestar.espol.edu.ec/es/diversidad-e-inclusion>

<https://www.instagram.com/p/DJpCrZutFHo/>



Wellbeing in the Classroom Program

An institutional strategy aimed at strengthening healthy learning environments through training faculty and staff in socio-emotional competencies.

Topics include emotional management, bullying prevention, conflict resolution, and inclusive environment building, contributing to improved teacher-student interaction and academic quality.

Evidence:

<https://www.instagram.com/p/DJ17u0itqe7/>

+ESPOL: Connecting in Community

A community wellbeing initiative promoting physical, emotional, and social health through recreational and educational activities in open campus spaces.

2025 Results:

- 11 events conducted
- 3,222 participants

Activities include kayaking, yoga, hiking, dance fitness, cultural activities, and environmental actions, fostering community integration and sense of belonging.

Evidence:

https://www.instagram.com/p/DGdnazZNg_H/

<https://www.instagram.com/p/DPjXDS5DdtH/>

University Adaptation Program

A preventive strategy for first-year students aimed at facilitating transition into university life and strengthening personal and academic skills.

2025 Results:

- Over 3,100 students benefited

Includes workshops on life planning, time management, study techniques, and personal development, contributing to student retention and academic success.

Evidence:

<https://www.instagram.com/p/DKLABw3OWyx/>

Psychological Preparedness in Risk Situations

A training program for faculty and staff focused on managing critical situations, developing skills in emotional response, effective communication, and psychological support in crisis contexts.

Evidence:

<https://www.instagram.com/p/DE5vKzZx25s/>

7. Mental Health Promotion and Prevention

Throughout 2025, sustained promotion and prevention actions included:

- Institutional campaigns on mental health, self-care, and suicide prevention
- Awareness initiatives on substance use and psychosocial risks
- Workshops on anxiety, emotional intelligence, social skills, and leadership
- Activities promoting inclusion, diversity, and violence prevention
- Group spaces for emotional support and accompaniment

These actions expanded the service scope toward a preventive and community-based approach.

Evidence:

https://www.instagram.com/p/DKeu3_vtb5g/

<https://www.instagram.com/p/DR19BaZj0gP/>

8. Institutional Organization

Mental health services are managed by the Psychology Unit within the Polytechnic Wellbeing Management, responsible for planning, implementation, and monitoring.

This component is integrated into the institutional wellbeing system, which includes inclusion services, social support, and student retention strategies, enabling a coordinated response to community needs.

9. Conclusion

ESPOL provides comprehensive mental health services for students, faculty, and administrative staff, including individual psychological care, preventive programs, wellbeing promotion activities, and inclusion strategies implemented throughout 2025.

Prepared by:

- Melina Rezabala V.
- Johanna Barzola S.

Reviewed and approved by:

- Ma. Ángeles Rodríguez Aroca