

To support and enhance the mental health and wellbeing of our staff, New Vision University's Wellbeing Center organizes targeted trainings and workshops that prioritize mental health awareness and foster a supportive work environment. These sessions are carefully designed to address key areas such as the vital role of psychological wellbeing in sustaining effective job performance, strategies for managing and resolving conflicts in the workplace, and other topics that promote a healthy and resilient workforce.

While the Wellbeing Center focuses on awareness and education, psychological counselling services are available through the New Vision Health Hub, located at N. Bokhua 9. Employees in need of professional psychological support can reach out to the Health Hub directly at 032 219 49 90, where licensed clinical psychologists provide confidential and personalized assistance. This dual approach ensures that staff members have access to both preventive resources and professional care as needed, fostering a comprehensive culture of mental health support across the university.

