



Western Caspian University
Mental Healthcare and Well-being Action Plan

Mental healthcare and well-being instructions

Western Caspian University (WCU) invites not only its students, university staff members, but also community to be active in terms of sustainable mental healthcare and well-being. The purpose of this instruction is to increase awareness about healthcare issues and initiative to eliminate the harmful consequences of them. The university supports the principles of healthy and happy lifestyle.

Ten habits of pleased people, which will benefit you:

- Spend the huge part of the day on yourself, because you deserve it
- Share qualms with friends
- Organize your time: to-do list and its implementation
- Be kind to others
- Stop communicating with unreliable people, no matter how difficult it is
- Make sure you eat healthy food only
- Get organized in the workplace and dispose of rubbish
- You also deserve something pleasant – pamper yourself
- Positive thinking regardless of circumstances
- Last but not least, No one is perfect, so learn to forgive yourself

Western Caspian University provides psychological supports to its students and staff. In addition there are related classes in the curriculum and free public seminars conducted by the university and its cooperators.