

## Access to Mental Health Support at Assumption University

Assumption University recognizes that good mental health is a fundamental foundation for quality learning, work, and life. The university has established a comprehensive mental health support system to ensure equitable access to appropriate services for undergraduate students. **The details are as follows:**

### 1. Center for Career Development and Counseling

The Center for Career Development and Counseling **provides** mental health, learning, and career counseling services, along with career development programs for undergraduate students. Key responsibilities include:

- **Career Development:** Job placement, part-time and full-time employment opportunities, Career Week, career workshops, ABAC Ventures Exhibition management, internship programs, and employer and alumni relations. The center helps students align their interests, abilities, values, and motivations with professional and educational opportunities, fostering lifelong career and entrepreneurial development.
- **Learning Support:** Conducting the English for All Program to enhance lifelong learning skills, including study skills and English communication skills development.
- **Mental Health Services:** Counseling services for both Thai- and English-speaking clients, personality and psychological testing, individual counseling sessions, and referrals to hospitals.

### Happy Space Webpage:

A platform sharing wellness and counseling resources for undergraduates.

☞ <https://sites.google.com/au.edu/happy-space/home>

### Student Counseling Form:

For booking appointments with counselors (topics: academic stress, family issues, anxiety, adjustment, etc.).

☞ <https://forms.gle/vpg3sAWcoaagpTCq9>

### Contact:

- **Location:** CL.13
- **Tel.:** 0 2783 2222 ext. 2131, 2136
- **Email:** [sa.ccdc@au.edu](mailto:sa.ccdc@au.edu)

## 2025 Academic Year Statistics:

- **Career Counseling, Advising, and Testing:**

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<b>Test</b>	<b>Students</b>
Mayer Bridge Type Indicator (MBTI G)	19
Edward Personal Preference Schedule	43
Self-Directed Search (SDS)	10
DISC MODEL Test	12
<b>Total</b>	<b>84</b>

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- **Learning Counseling, Advising, and Testing:**

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<b>Test</b>	<b>Students</b>
MBTI Learning Styles Test	34
IQ Test D 48	42
<b>Total</b>	<b>76</b>

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- **Advising:**

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<b>Detail</b>	<b>Students</b>
ABAC Ventures 2025	15
English for All /English Communication Skill Development	25
<b>Total</b>	<b>40</b>

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- **Mental Health Counseling:**

<b>Problem Type</b>	<b>Cases</b>	<b>Resolved</b>	<b>Ongoing</b>
Adjustment	9	9	-
Career	-	-	-
Family	3	2	1
Financial	-	-	-
General	-	-	-
Mental Health	22	18	4
Personality	1	1	-
Relationship	13	13	-
Stress	24	24	-
Study	-	-	-
<b>Total</b>	<b>72</b>	<b>67</b>	<b>5</b>

- **Mental Health Screening (AU Freshmen Orientation Online and AU Care Project)**

<b>Group</b>	<b>Students</b>
International Students (GHQ 12 Test)	385
Thai Students (MHCI)	394
<b>Total</b>	<b>779</b>





Home

What's news?

How to Deal with Earthquakes

TO AU STUDENTS

Following the recent earthquakes, we urge everyone to prioritize their safety and remain vigilant. We encourage the entire AU community to adhere to standard earthquake safety practices and avoid hazardous areas.

Please stay informed through credible sources.

We extend our thoughts and prayers to everyone affected and remind you to support one another during this time.

Stay safe. Stay alert.

Office of the Vice President for Student Affairs  
Assumption University of Thailand

CAREER COUNSELING

You Are Not Alone

SA

Home

คู่มือ สร้างสรรค์

พลังใจให้วัยทีน

Strong Together

Computer Vision Syndrome

01 *Adjust your workstation*

Check Your Symptoms After an Earthquake

If you still experience stress, fear, dizziness, or other symptoms that persist for more than a week, it is advisable to see a doctor as these could be the effects of "Earthquake Brain Fog" or "Earthquake Hallucinations."

**Understanding... Earthquake Brain Fog and Earthquake Hallucinations**

**Earthquake Brain Fog (Earthquake Drunk)**

- Also known as Post-earthquake Dizziness Syndrome (PEDS)
- Cause: Disruption in the inner-ear's balance system following an earthquake
- Symptoms: Dizziness, nausea, vertigo, feeling like you're still moving. These symptoms can worsen in people who are prone to motion sickness or those in tall buildings during the earthquake.
- Recovery: Symptoms usually subside within minutes or hours, though some people may experience them for weeks or even months.

**Earthquake Hallucinations**

- Cause: Result of stress, anxiety, or psychological responses after the earthquake event
- Symptoms: Stress, anxiety, fear of future earthquakes, insomnia, feeling as though the earth is shaking even when it is not occurring.
- Some people may develop post-traumatic stress disorder (PTSD), such as reliving the event, hypervigilance, difficulty sleeping, fear of being in buildings, or seeing the sky rain, etc.

**How to Manage the Symptoms**

- Physical: Use methods similar to treating motion sickness, such as focusing on a distant point, lying down, sipping water, breathing slowly and deeply as in meditation, resting your eyes from screens, or finding a relaxing place.
- Mental: Talk about your experience with others and avoid consuming excessive media about the event.

Recommendation:  
If the symptoms are severe or do not improve, it is best to consult a doctor for further evaluation and advice.

Source: By Prof. Dr. Sarat Tangpradit, Specialist in Neurocognitive and Business System

เช็คอาการตัวเอง

หลังแผ่นดินไหว ใครยังมีความรู้สึกเครียด กลัว เวียนศีรษะ-ไม่หายภายใน 1 สัปดาห์ ควรไปพบแพทย์ เพราะเป็นผลกระทบจากโรคมองมาแผ่นดินไหว และสมองหลอนแผ่นดินไหว

มารู้จัก.... โรคมองมาแผ่นดินไหว และ โรคมองหลอนแผ่นดินไหว

**โรคมองมาแผ่นดินไหว (Earthquake Drunk)**

- กลุ่มอาการเวียนศีรษะแผ่นดินไหว หรือ Post-Earthquake Dizziness Syndrome (PEDS)
- สาเหตุ: เกิดจากการรบกวนในระบบการทรงตัวในหูชั้นในหลังแผ่นดินไหว
- อาการ: วิงเวียน, คลื่นไส้, หัวหมุน, รู้สึกเหมือนเผลอคลื่นไหว อาจรุนแรงขึ้นในคนที่ไวต่อการเมา หรือมีอาการสูงระวางต่อแผ่นดินไหว
- อาการหายไปเองภายในไม่กี่สัปดาห์หรือไม่ หรืออาจหายด้วยการรับประทานยาแก้หวัดหรือยาแก้เวียน

**โรคมองหลอนแผ่นดินไหว (Earthquake Illusion)**

- สาเหตุ: เกิดจากความเครียด, ความวิตกกังวล, หรือการตอบสนองทางจิตวิทยาต่อภัยแผ่นดินไหว
- อาการ: หลอน, วิตกกังวล, กลัวแผ่นดินไหว, นอนไม่หลับ, รู้สึกว่าแผ่นดินไหว แม้ไม่ได้เกิดอยู่จริง
- บางคนไม่ไปรู้สึกตัวต่อเหตุการณ์ (PTSD) เช่น การรบกวนการนอน ความตื่นตัวที่ผิดปกติ การมองเห็นภาพหลอนหรือเห็นภาพหลอนต่างๆ

**จัดการอย่างไร**

- กายภาพ: ใช้วิธีที่ลดอาการการเมา เช่น มองไปที่จุดไกลๆ, แอนดลง, จิบน้ำ, ลุกจากเตียง-ออกกำลังกาย เช่น เดิน, ฝึกโยคะ, ฝึกสมาธิตามทางเดินรถไฟ, ฝึกพิลาทัส, ฝึกไทควอนโด
- จิตใจ: พูดคุยเกี่ยวกับประสบการณ์กับผู้อื่น และหลีกเลี่ยงการดูสื่อเกี่ยวกับเหตุการณ์นั้นๆ

**ข้อเสนอแนะ:** หากมีอาการรุนแรงหรือไม่ดีขึ้น ควรพบแพทย์เพื่อรับการตรวจรักษาและคำแนะนำเพิ่มเติม

ถึงขอทัก : พว สร้างสมองกับ จอ. หล่อสุวัฒน์  
พ.ท.สุวัฒน์ ดันประเวช แพทย์ผู้เชี่ยวชาญด้านสมองและระบบประสาท

## **Mental Health Seminar: “Understanding Adolescent Depression and Basic Initial Care.”**

As part of its commitment to supporting personnel, the university organized a Mental Health Network Seminar titled “Understanding Adolescent Depression and Basic Initial Care.” The seminar was held on Wednesday, August 6, 2025, from 13:00 to 16:00 at the Wiset Srisamut Room, Suvarnabhumi Campus. The guest speaker was Dr. Pathamabhorn Thongsookdee, a Child and Adolescent Psychiatrist from Bangkok Mental Health Hospital.

The seminar was attended by three target groups: faculty coordinators from various faculties, faculty members, and personnel from the Student Affairs division. During the session, the speaker delivered a lecture on “Depression Issues and the Care Process,” aiming to enhance participants’ understanding of adolescent depression and its impact on students’ mental health and daily functioning. The seminar also highlighted key warning signs, emphasized the importance of early assessment and provided fundamental guidelines for initial support, including empathetic communication and encouraging individuals to seek professional help.



## Understanding Yourself Better: TMSA AU Hosts MBTI Workshop for Mental Well-Being

The Theodore Maria School of Arts at Assumption University of Thailand hosted a half-day workshop titled “Understanding MBTI for Your Mental Health” on November 27, 2025, led by Sally Tan and her certified team from Brighton Academy Singapore. The session introduced the Myers–Briggs Type Indicator (MBTI), a widely recognized personality framework based on Carl Jung’s theories, to help participants better understand themselves, enhance communication, and support mental well-being. Through interactive activities, attendees explored how personality types influence study habits, stress management, workplace behavior, and relationships, while gaining practical strategies for personal growth, teamwork, and emotional resilience in a supportive learning environment.



## Faith and Sexuality: AU Hosts Landmark LGBTQ+ Panel Discussion

On February 18, 2025, Assumption University of Thailand (AU) became the stage for a groundbreaking conversation on LGBTQ+ perspectives within major world religions. The event welcomed a diverse panel of religious scholars and experts who shared their insights on the intersection of faith and identity.

The discussion aimed to unpack how different religious traditions engage with LGBTQ+ issues, fostering dialogue and understanding among attendees. The distinguished panel featured:

**Christianity:** Rev. Bro. Amnuay Yoonprayong, f.s.g., Ph.D.

**Islam:** A. Thanarnat Watcharapisud

**Hinduism:** Dr. Parvathy Varma. S.

**Confucianism:** Ms. Xiong Mingxuan

**Sikhism:** Ajarn Kamoltip

The event unfolded with a structured agenda, allowing each religious representative to articulate their perspectives before opening the floor to broader discussion:

The event drew a wide array of students, faculty, and members of the AU community, who engaged in thought-provoking discussions on the intersection of religious doctrine and contemporary gender and sexuality issues.

By providing a space for interfaith dialogue, the panel discussion underscored the importance of inclusivity, mutual respect, and open-minded engagement on a topic often fraught with contention. AU continues to encourage academic discourse that challenges perspectives and broadens understanding.



## **International Nursing Seminar Promotes Gender Equality and Inclusivity in Healthcare**

Assumption University of Thailand (AU) hosted an international nursing seminar titled *“Breaking the Mold: Promoting Gender Equality and Inclusivity in Nursing”* on March 1, 2025, as part of its commitment to advancing the social dimensions of sustainability. Organized by senior nursing students and supported by faculty members, the seminar aimed to address gender-related challenges in the nursing profession and promote a more inclusive healthcare environment.

The event opened with remarks from the Dean of the Faculty of Nursing Science, who emphasized the importance of understanding gender disparities in nursing and fostering a profession that reflects diversity, equity, and inclusivity. The keynote session highlighted how gender stereotypes and societal expectations continue to influence career advancement and leadership opportunities in nursing, despite the field becoming more diverse.

A panel discussion featuring experts from Thailand and the United States further explored key issues such as gender neutrality in healthcare settings, the need for gender-sensitive education, and the challenges faced by men entering a traditionally female-dominated profession. The discussion combined professional insights, research evidence, and personal experiences, encouraging participants to rethink existing norms and advocate for institutional and policy-level changes.

Beyond raising awareness, the seminar underscored the importance of translating dialogue into action. Participants gained a clearer understanding of how gender biases affect professional opportunities and were encouraged to support the implementation of inclusive practices within healthcare systems.

The seminar also reinforced the university’s alignment with Sustainable Development Goals, particularly SDG 5 (Gender Equality) and SDG 10 (Reduced Inequalities). By engaging both onsite and online audiences, the event extended its impact beyond the university, contributing to a broader conversation within Thailand’s healthcare community.

Overall, the seminar conveyed a strong message that inclusivity is essential to the future of nursing. Promoting gender equality not only ensures fairness but also enhances the quality of patient care, strengthens leadership, and supports a more sustainable and equitable healthcare system.

