

แบบฟอร์มการเขียนผลงาน THE Awards Asia 2025 มหาวิทยาลัยราชภัฏนครราชสีมา

ชื่อเรื่อง (ภาษาอังกฤษ) NRRU Counseling Center: By-The-Heart-People

ชื่อ – สกุล (เจ้าของผลงาน ภาษาอังกฤษ) Asst.Prof.Dr.Thitikan Boonraksa Intapaj,Ph.d

เนื้อหา (150 คำ)

The NRRU Counseling Center, also known as “By-the-Heart People,” was established in 2020 as a proactive service centre to provide psychological support to students and staff at Nakhon Ratchasima Rajabhat University. It also aims to develop innovations for improving the quality of life through psychological care, when raising awareness about mental health and collaborating with mental health agencies in Nakhon Ratchasima. The centre provides the following services:

1. Psychological counselling services for NRRU students and staff are available in person in the counselling room and online.
2. Mental health screenings for students and staff using the Mental Health Login system to assess their psychological well-being.
3. Coordination and referral for students or staff at high risk who require psychiatric treatment, in collaboration with both internal and external mental health agencies.
4. Faculty development by organizing workshops on positive communication and basic counselling skills to enable university faculty members to effectively support students and staff.

Between 2023 and 2024, the centre served 852 individuals through mental health screenings and provided individual psychological counselling to 334 people. The success of the centre's operations is reflected in high levels of satisfaction among service users, with the highest satisfaction rating (5 out of 5) and positive feedback from the participants.



เนื้อหา (500 คำ)

The NRRU Counseling Center, also known as "By-the-Heart People," was established in 2020 as a proactive service to provide psychological support to students and staff at Nakhon Ratchasima Rajabhat University. Its primary goal is to develop innovative approaches to psychological care, helping individuals become more aware of their mental health, recognize stress levels, depression risks, and other emotional challenges, and develop strategies to improve their overall well-being. The center also works closely with external mental health agencies in Nakhon Ratchasima to ensure a comprehensive support system for its users. This collaborative approach strengthens the overall care network, ensuring timely referrals and access to professional resources when specialized intervention is needed. Moreover, it positions the center as a key player in the community's mental health ecosystem, allowing it to extend its reach beyond the university setting.

Key services provided by the center include:

1. **Psychological counseling services:** These are designed to assist students and staff experiencing emotional distress such as stress, anxiety, sadness, or depression. Professional counselors, with over 2,000 hours of experience, provide these services both in-person and online, offering flexibility and accessibility to meet various needs.
2. **Mental health screenings:** The center uses the Mental Health Login system to assess students and staff. This tool includes screenings for stress, coping strategies, depression, burnout, and resilience, helping individuals better understand their mental health status. It complies with the Personal Data Protection Act B.E. 2562, ensuring that all data is handled securely, and protecting user privacy throughout the process.
3. **Coordination and referrals:** For individuals who are identified as high risk and need psychiatric intervention, the center coordinates referrals to appropriate health agencies. It collaborates with one internal unit, the NRRU Medical Center, and four external public health agencies: Mental Health Center 9 Nakhon Ratchasima,



Rajanagarindra Psychiatric Hospital, Thepparat Hospital, and Maharat Nakhon Ratchasima Hospital. This ensures those in need of specialized care receive prompt attention.

4. **Faculty development:** Recognizing the importance of faculty involvement in student well-being, the center conducts workshops for 60 faculty members, focusing on positive communication and basic counseling skills. These workshops equip faculty to support students more effectively, helping to create a stronger mental health support network within the university.

From 2023 to 2024, the center conducted mental health screenings for 852 individuals and provided individual counseling to 334 people. The data collected through these services is analyzed to identify common issues, enabling the center to adjust and improve its offerings based on user needs. The high level of user satisfaction, with an average rating of 5 out of 5, highlights the success of the center's initiatives. Positive feedback and suggestions from participants continue to guide the center in enhancing its services to meet the growing needs of the university community. The center's commitment to innovation and ongoing evaluation ensures it remains a vital resource for promoting mental well-being on campus.

Project URL or link to further information about your entry (if applicable) [ลิงค์ประกอบ](#)

Supporting Links:

Link 1 - Website: Kon Kang Jai

<https://www.konkangjai.nrru.ac.th/>

Link 2 - Opening of the Kon Kang Jai Center

"Kon Kang Jai": Nakhon Ratchasima Rajabhat University Launches the NRRU Counseling Center for Psychological Services

<https://www.facebook.com/prnrru/posts/pfbid02c6tWFnW46VZ6hYrmosQBo5yFDVxoEsNGdK1ZeVSN2NLt4oje779pTGzUjfnGumTsl>



Link 3: Activities for Supporting and Promoting Mental Well-being for Staff

<https://www.facebook.com/prnrru/posts/pfbid02DZXz8tD6RWWHmVLGR9AtEgv6CCMqWuWzP1Ct97vdxW8S9Xe1MTo3ZOa1BNTTL23RL>

Link 4: Kon Kang Jai Facebook Page

<https://www.facebook.com/counselingNRRU/posts/pfbid0m1ZdD4h5V6BXsTYbHz5ihyfGD43zvaeGs3FEOJDsACuePmV1oTtibhCUgLGA1KTL>

Link 5: Workshop on Strengthening Instructors for Monitoring and Preventing Students' Mental Health Issues

"Nakhon Ratchasima Rajabhat University Builds a Shield for the Heart: Upskilling Instructors to Enhance Counseling Skills for Monitoring and Preventing Students' Mental Health Issues"

<https://www.facebook.com/prnrru/posts/pfbid02FC12pxR3d63ntgpeoMMzkydRHetdbzwCWZAKMoBOGHDWyde2pmEbsL3cV7WajZbvl>

Link 6: National Mental Health Week 2022 Event – “Check the Heart, Recharge, a Happy Society”

Deputy Prime Minister and Minister of Public Health, Mr. Anutin Charnvirakul, visits Nakhon Ratchasima Rajabhat University to inaugurate National Mental Health Week, themed “Check the Heart, Recharge, a Happy Society.”

<https://www.facebook.com/prnrru/posts/pfbid02t92o39DeroDbDDLmSz7n6B15PYT9JNX2mE1sSNghBKqCc6hN2rvZAcxGLKz5cf5ol>

