



جامعة الإمام عبد الرحمن بن فيصل

IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

عمادة خدمة المجتمع والتنمية المستدامة

Deanship of Community Service and Sustainable Development

SDG 3.3.5

Mental Health Support  
for Students

2023-2024

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**Imam Abdulrahman Bin Faisal University (IAU) provides students with free access to Mental health. IAU provides free counseling and regularly follows up students with anxiety to ensure their mental stability is maintained at all times.**

**Find below some of our services at IAU.**

## 1. University Counselling Center (UCC) of IAU providing high-quality mental health services for Students

The **University Counseling Center (UCC)** of IAU is dedicated to providing **high-quality mental health services that support students'** emotional, personal, social, developmental, and academic concerns. The UCC provides individual and group counseling, academic counseling, career counseling, crisis intervention/emergency services, awareness programs, psychological assessment, and consultation. UCC staff keeps up with the current counseling practice/outcome research and produces scholarly work that contributes to the improvement of the services provided by the UCC and to the counseling field as a whole.





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#
About Us
Study with Us
Colleges
Research
Community Service
Campuses
Sustainability
Administration
University Hospitals
Open Data

Home / Administration / Centers / University Counselling Center / Make an Appointment

University Counselling Center

About

Director's Message

Units

Our services

Accreditation Certificate

Self help

Staff

Counseling Psychologist

Make an Appointment >

Referral from Faculty and Staff

Forms and Manuals

Contact

### Make an Appointment

You can book an appointment at the counseling center to solve your problem through the following means:

Online

**Make an Appointment->**

Email: [cac@iau.edu.sa](mailto:cac@iau.edu.sa)

Phone

- Main University Counseling Center (Building 10 - Ground Floor)  
Tel: 013333802
- Female Sections, Al-Raka Branch (Building 10 - Ground Floor)  
Tel: 0133330949
- Female Sections, Al-Rayyan Branch (Poly Clinic Building - Second Floor)  
Tel: 013337123

For emergencies, you can call 997 for emergency services (the Red Crescent). Or visit King Fahd University Hospital.

## About UCC

Per the importance of the role of counseling in the academic life of students, Imam Abdul Rahman bin Faisal University has taken care of this aspect and given it special care, so the establishment of the University Counseling Center came in support of the university's vision to ensure the provision of academic counseling, awareness, psychological, social, and educational services through the various units of the center across the university's colleges. The center has future visions that include university employees and their families and other community categories in pursuit of an integrated counseling center that enhances cohesion with the community, supports student scientific excellence, along with sponsoring for talent, creativity, and excellence.

## Vision

To deliver comprehensive and high-quality services to all IAU students, faculty, staff, and the community to help them develop their abilities and lifelong learning skills.

## Mission

The University Counseling Center (UCC) is dedicated to providing high-quality mental health services that support students' emotional, personal, social, developmental, and academic concerns. The UCC provides individual and group counseling, academic counseling, career counseling, crisis intervention/emergency services, awareness programs, psychological assessment, and consultation. UCC staff keeps up with the current counseling practice/outcome research and produces scholarly work that contributes to the improvement of the services provided by the UCC and to the counseling field as a whole.

## Values

- **Healthy Organizational Climate:** UCC staff commit themselves to sustain a healthy organizational climate characterized by honest, direct, and respectful communications and appropriate conflict resolutions. As such, we strive to create a sense of community that is supportive and respectful of individuals who are trying to find balance in their personal and professional lives.
- **Diversity:** The UCC seeks to provide a safe, welcoming, and supportive environment for all students, faculty members, and staff. We seek to foster a diverse campus community of safety, inclusiveness, and respect.
- **Confidentiality:** The UCC values students' right to privacy and holds their information in the highest confidence. Our procedures are in accordance with professional and ethical guidelines established in our policy manual.

- **Striving for Excellence:** The UCC endeavors to provide high-quality services. We adhere to the highest professional and ethical standards, engage in ongoing professional development, and strive to remain current with research and new developments related to the practice and outcomes of mental health.
- **Collaboration:** The UCC values collaboration within the institution, the Division of Students Affairs, the Division of Academic Affairs, and the community. We seek partnerships and opportunities for teamwork to provide enhanced services to students, faculty, and staff.

## Goals

- To deliver a comprehensive and high quality counseling services to IAU students, faculty members, and staff and help them develop their abilities and lifelong learning skills.
- To play a preventive role in assisting students in identifying and learning new skills which will assist them to effectively meet their educational and lifelong goals.
- To support and enhance the healthy growth and development of students through consultation.
- Provide a safe environment for students and play a role in contributing to campus safety.

<https://www.iau.edu.sa/en/administration/centers/university-counseling-center/about>

## 2. Celebrations of World Mental Health Day by IAU

IAU Counseling Center activated “**World Mental Health Day**”, to be on the 10th of October annually. The center provided several services to **students and university employees** in the lobby of the health colleges through an exhibition of awareness messages and media articles.



<https://www.iau.edu.sa/en/news/iau-counseling-center-activates-world-mental-health-day>

### 3. Lecture on Exam Hall Anxiety






المركز الوطني لتعزيز الصحة النفسية  
 National Center for Mental Health Promotion

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 IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY  
 مركز الإرشاد الجامعي  
 University Counseling Center

**يدعوكم مركز الإرشاد الجامعي لحضور ورشة بعنوان**  
**قلق القاعة**  
 القائم بتنفيذ الورشة  
 ا. أسماء ختاتنة

مكان التنفيذ 	التاريخ 1444/10/26 هـ 2023/5/16 م	الوقت 12-11 ص	الفئة المستهدفة طالبات كلية الهندسة (ضمن البرنامج الوقائي)
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• يوجد شهادات حضور بعد تقييم الورشة

 @IAUCC
  iaucc\_
  CAC@IAU.EDU.SA

### 4. Mental Health Campaign




  
 COLLEGE OF MEDICINE

**Talk to us!**

**Are you**

- OVERWHELMED?
- STRESSED?
- FACING DIFFICULTIES?
- SEEKING ADVICE?

**contact us today**

EMAIL  
 CM\_SSS@IAU.EDU.SA

ALL COMMUNICATIONS WILL MAINTAIN CONFIDENTIALITY

## 5. Lecture on Scientific Symposium – Mental Health and well being


  
 اليوم العالمي للصحة النفسية | world mental health day  
 جامعة الإمام عبد الرحمن بن فيصل  
 IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY  
 كلية التربية - College of Education

يسر كلية التربية ممثلة في قسم علم النفس دعوة أعضاء هيئة التدريس والطلاب والطالبات والهيئة الإدارية لحضور فعاليات

### اليوم العالمي للصحة النفسية

📅 الثلاثاء 25 ربيع الأول 1445هـ الموافق 10 أكتوبر 2023م  
 ⌚ 6:30 إلى 8:30 مساءً  
 📍 عن بعد برنامج zoom رابط الجلسة مرفق مع البريد

المدة	الزمن	مقدم الفقرة	الفقرة
5 دقائق	6:30 – 6:35	د. أحمد الشركسي	إدارة الفعالية
5 دقائق	6:35 – 6:40	د. عبد المجيد الحربي رئيس القسم	كلمة ترحيب وافتتاح اللقاء
5 دقائق	6:40 – 6:45	د. عادل بن سعد أبودلي	كلمة سعادة عميد الكلية
20 دقيقة	6:45 – 7:05	أ.د. فاطمة الهويش	قراءة وتلخيص لتقرير منظمة الصحة العالمية 2022 عن الصحة النفسية
20 دقيقة	7:05 – 7:25	د. جوهرة المرشود	الرفاهية النفسية
20 دقيقة	7:25 – 7:45	د. محمد الدعيلج	دور علم النفس الإيجابي في تحقيق الرفاهية النفسية
20 دقيقة	7:45 – 8:05	طالبات ماجستير التربية في الإرشاد النفسي	اضطراب الاكتئاب الأعراض... الأسباب... العلاج
8:05 – 8:30		يدير الأسئلة والحوار د. أحمد الشركسي	فتح باب الأسئلة

Twitter @IAUCollegeofEd

Email cedd.pr@iau.edu.sa

## 6. Lecture on Academic Procrastination – Free access




 المركز الوطني لتعزيز الصحة النفسية  
 National Center for Mental Health Promotion


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 مركز الإرشاد الجامعي  
 University Counseling Center

**يدعوكم مركز الإرشاد الجامعي لحضور ورشة بعنوان**  
**التسويق الأكاديمي**

القائم بتنفيذ الورشة  
 أ. أسماء ختاتنة

مكان التنفيذ	التاريخ	الوقت	الفئة المستهدفة
	2022/10/30	م1-12	طلاب كلية العلوم

• يوجد شهادات حضور بعد تقييم الورشة.

 @IAUCC
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  CAC@IAU.EDU.SA

## 7. Positivity dealing with problems – Free access




 المركز الوطني لتعزيز الصحة النفسية  
 National Center for Mental Health Promotion


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 University Counseling Center

**يدعوكم مركز الإرشاد الجامعي لحضور ورشة بعنوان**  
**التعامل الإيجابي مع المشكلات**

القائم بتنفيذ الورشة  
 أ. أسماء ختاتنة

مكان التنفيذ	التاريخ	الوقت	الفئة المستهدفة
	1444/7/9 هـ 2023/1/31 م	ص12-11	طلاب كلية (العلوم، الهندسة، التصاميم، الدراسات التطبيقية)

• يوجد شهادات حضور بعد تقييم الورشة.

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## 8. Lecture on Psychological examination – Free access




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 University Counseling Center

يدعوكم مركز الإرشاد الجامعي لحضور ورشة بعنوان  
**الإتهاك النفسي**  
 القائم بتنفيذ الورشة  
 أ. مريم بزرون

مكان التنفيذ	التاريخ	الوقت	الفئة المستهدفة
	1444/10/26 هـ 2023/5/16 م	1-12 م	طالبات كلية العلوم

• يوجد شهادات حضور بعد تقييم الورشة

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## 9. Lecture on Stress Management – Free access




 المركز الوطني لتعزيز الصحة النفسية  
 National Center for Mental Health Promotion

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 IMAM ABDURRAHMAN BIN FAISAL UNIVERSITY  
 مركز الإرشاد الجامعي  
 University Counseling Center

يدعوكم مركز الإرشاد الجامعي لحضور ورشة بعنوان  
**(إدارة الضغوط)**  
 القائم بتنفيذ الورشة أ. مريم بزرون

مكان التنفيذ	التاريخ	الوقت	الفئة المستهدفة
	20-10-2022 24-3-1444 هـ	1-12 م	طالبات كلية العلوم

• يوجد شهادات حضور بعد تقييم الورشة.

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## 10. Lecture on Test Anxiety – Free access




 المركز الوطني لتعزيز الصحة النفسية  
 National Center for Mental Health Promotion


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 IMAM ABDURRAHMAN BIN FAISAL UNIVERSITY  
 مركز الإرشاد الجامعي  
 University Counseling Center

**يدعوكم مركز الإرشاد الجامعي لحضور ورشة بعنوان**  
**(قلق الاختبار)**

القاتم بتنفيذ الورشة  
 أ. مريم بزرون

الوقت	التاريخ	مكان التنفيذ	الفئة المستهدفة
١٢ - ١ م	١٤٤٤/٤/٨ هـ ٢٠٢٢/١١/٢ م	زوم	طالبات العلوم المشكيات على التعثر

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## 11. Lecture on World Mental Health – Free access




 المركز الوطني لتعزيز الصحة النفسية  
 National Center for Mental Health Promotion


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 مركز الإرشاد الجامعي  
 University Counseling Center

**يدعوكم مركز الإرشاد الجامعي لحضور فعالية**  
**اليوم العالمي للصحة النفسية ٢٠٢٢**

الفئة المستهدفة  
 جميع طالبات مجمع الريان

الوقت	التاريخ	مكان التنفيذ
١٠ ص - ١٢ م	١٤٤٤/٣/١٥ هـ ٢٠٢٢/١٠/١١ م	صالة كلية العلوم

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## 12. Awareness on “World Mental Health Day”

King Fahd Hospital of the University (KFHU) of the Imam Abdulrahman Bin Faisal University (IAU) created awareness on “World Mental Health Day” for students, employees and public.



[https://udksa-my.sharepoint.com/personal/healthpro\\_kfhu\\_iau\\_edu\\_sa/\\_layouts/15/stream.aspx?id=%2Fpersonal%2Fhealthpro%5Fkfhu%5Fiau%5Fedu%5Fsa%2FDocuments%2FD8%A7%D9%84%D9%8A%D9%88%D9%85%20%D8%A7%D9%84%D8%B9%D8%A7%D9%84%D9%85%D9%8A%20%D9%84%D9%84%D8%B5%D8%AD%D8%A9%20%D8%A7%D9%84%D9%86%D9%81%D8%B3%D9%8A%D8%A9%2D%D8%B1%D8%B6%D8%A7%20%D8%A7%D9%84%D9%85%D9%88%D8%B8%D9%81%2Emp4&nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAIoiJtdHJlYy1XZWJCbChAIiLjYlcnJhbFZpZXciOiJTaGFyZURpYWxvZy1MaW5rliwi cmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXcifX0&referrer=StreamWebApp%2EWeb&referrerScenario=AddressBarCopied%2EView%2E6e52d97b%2D1a4c%2D456a%2D93fd%2D4e7b42778317&ga=1](https://udksa-my.sharepoint.com/personal/healthpro_kfhu_iau_edu_sa/_layouts/15/stream.aspx?id=%2Fpersonal%2Fhealthpro%5Fkfhu%5Fiau%5Fedu%5Fsa%2FDocuments%2FD8%A7%D9%84%D9%8A%D9%88%D9%85%20%D8%A7%D9%84%D8%B9%D8%A7%D9%84%D9%85%D9%8A%20%D9%84%D9%84%D8%B5%D8%AD%D8%A9%20%D8%A7%D9%84%D9%86%D9%81%D8%B3%D9%8A%D8%A9%2D%D8%B1%D8%B6%D8%A7%20%D8%A7%D9%84%D9%85%D9%88%D8%B8%D9%81%2Emp4&nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAIoiJtdHJlYy1XZWJCbChAIiLjYlcnJhbFZpZXciOiJTaGFyZURpYWxvZy1MaW5rliwi cmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXcifX0&referrer=StreamWebApp%2EWeb&referrerScenario=AddressBarCopied%2EView%2E6e52d97b%2D1a4c%2D456a%2D93fd%2D4e7b42778317&ga=1)

## 13. Awareness on “World Autism Day”

King Fahd Hospital of the University (KFHU) of the Imam Abdulrahman Bin Faisal University (IAU) created awareness on “World Autism Day” for students, employees and public.



The poster features a yellow background with a red ribbon graphic. On the left, it says "World Autism Day 2 April" above an illustration of a boy sitting at a table with alphabet blocks. A red pushpin is pinned to a yellow sticky note in the center. The sticky note contains the text "Autism is a different, all we have is to understand it" and a bulleted list of facts. A QR code is located on the right side of the sticky note. Logos for IAU and King Fahd University Hospital are at the top. The Health Awareness Unit logo is at the bottom right.

World Autism Day  
2 April

جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY  
المدينة الطبية الأكاديمية | AMC | IAU  
مستشفى الملك فهد الجامعي  
King Fahd University Hospital

Autism is a **different**  
, all we have is to understand it

- One in 160 children has an autism spectrum disorder
- Autism spectrum disorders appear in childhood, but they tend to persist into adolescence and adulthood.
- Evidence-based psychosocial interventions, such as behavior therapy activities, can reduce difficulties in communication and social behavior, and have a positive impact on well-being and quality of life.

وحدة التوعية الصحية  
Health Awareness Unit

[https://www.iau.edu.sa/sites/default/files/resources/world\\_autism\\_day.pdf](https://www.iau.edu.sa/sites/default/files/resources/world_autism_day.pdf)

## 14. Celebrating Migraine Awareness week

King Fahd Hospital of the University (KFHU) of the Imam Abdulrahman Bin Faisal University (IAU) celebrated “**Migraine Awareness Week**” and released a video about Migraine for students, employees and public.



[https://twitter.com/IAU\\_KFHU/status/1701945878284530024](https://twitter.com/IAU_KFHU/status/1701945878284530024)

## 15. Creating awareness on mental health by IAU Students

The **Student Club** of Family Medicine of IAU in cooperation with the Family and Community Medicine Center of IAU raised the **community awareness of the importance of mental health.**

The services provided by the Family and Community Medicine Center in partnership with the department of Psychiatry, IAU, are highlighted for **students, employees and public.**



<https://x.com/FCMCSA1/status/1711832782224097754>

## 16. Celebrating World Mental Health Day by IAU

IAU celebrated World Mental Health Day in partnership with the University Counseling Center of IAU for the psychological well-being of the students, employees, and public.



<https://x.com/FCMCSA1/status/1711832787337032172>

## 17. Celebrating World Mental Health Day by Family and Community Medicine Center

IAU celebrated the event “World Mental Health Day” as One day is not enough with the participation of the Family Medicine Corner.



<https://x.com/IAUCC/status/1711629796466106736>

## 18. Conducting “Kids Summer Club” by IAU for improving children’s interactive abilities

The Continuing Education Center at IAU conducted “Kids Summer Club”, which aims to develop children's scientific and interactive abilities. The children's summer club includes many programs in English, mental arithmetic, Arduino and Arabic.



[https://twitter.com/IAU\\_KSA/status/1807990703659590097](https://twitter.com/IAU_KSA/status/1807990703659590097)

[https://x.com/cec\\_iau/status/1807496272594510298](https://x.com/cec_iau/status/1807496272594510298)

## 19. Participation of IAU in the International Autism Conference, Dhahran Exhibition Expo.

The Neurology and Psychiatry Departments of the King Fahd Hospital of the University (KFHU) of the Imam Abdulrahman Bin Faisal University (IAU) participated within the activities of the International Autism Conference at Dhahran Exhibitions “Expo” to exchange knowledge and experiences about the various aspects of autism disorder, and the role of psychiatry in dealing with it.



[https://twitter.com/IAU\\_KFHU/status/1728683701230268841](https://twitter.com/IAU_KFHU/status/1728683701230268841)

