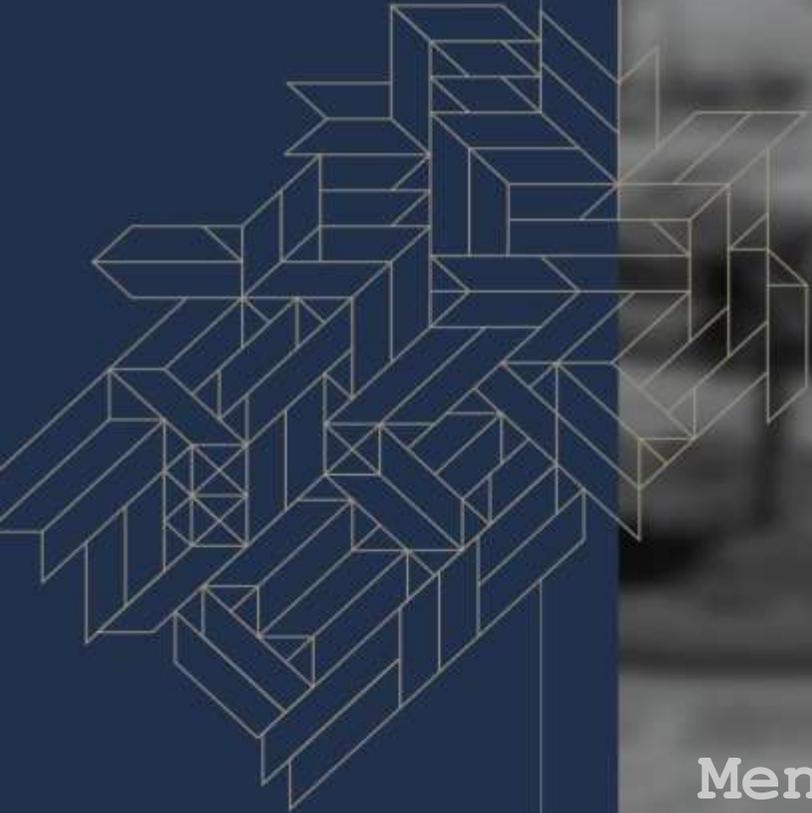




جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY
عمادة خدمة المجتمع والتنمية المستدامة
Deanship of Community Service and Sustainable Development



SDG 3.3.5

Mental Health Support
for Students

2024-2025

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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.

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. World Mental Health Day by University Counseling Center

#College_of_Engineering, in collaboration with the University Counseling Center, participated in the activities of World Mental Health Day at the Health Colleges building, and the college showcased a model of an innovative engineering project aimed at supporting and improving human mental health.



https://x.com/CE_IAU_SA/status/1983180690226327736

3. Workshop for mental health of trainees

The College of Medicine at #جامعة_الإمام_عبدالرحمن_بن_فيصل organized a workshop for faculty members and medical fellowship trainees at the College of Medicine, with the participation of Professor Dr. Anurag Saxena from the University of Saskatchewan in Canada, and with the participation of Dr. Ibrahim Al-Zahrani, Dr. Faisal Al-Qurashi, and Dr. Anas Al-Sha'er (Department of Orthopedic Surgery), and Dr. Samir Al-Ustadh (Department of Pediatrics). The workshop aims to **improve the mental health of trainees** and to establish handling of evaluation and feedback.



https://x.com/Med_iau/status/1969045791973978462

4. Department of Psychiatry – Raising awareness of Mental Health

The Department of Psychiatry at @IAU_KFHU, affiliated with @IAU_KSA, activated World Mental Health Day with awareness and educational pillars, in the presence of the Dean of the College of Medicine Prof. Dr. Muhammad Al-Shahrani, the Executive Director of the Hospital Dr. Abdullah Yusuf, and the Head of the Department of Psychiatry Dr. Firas Al-Awwad, with the aim of **raising awareness of mental health** and enhancing quality of life.



https://x.com/IAU_KFHU/status/197769437422762330

5. Manage stress – College of Dentistry

Join us for #WorldMentalHealthDay at the College of #Dentistry at #ImamAbdulrahmanBinFaisalUniversity

As part of an awareness event that includes interactive stations illustrating ways to manage stress by utilizing the five senses to enhance psychological balance and quality of life



<https://x.com/IAUdent/status/1984912353889055054>

6. Mental Health in Emergencies and Crises

Under the patronage of His Excellency the President of #جامعة_الإمام_عبدالرحمن_بن_فيصل Prof. Dr. Fahd bin Ahmed Al-Harbi The University Guidance Center invites you to attend the event

Under the slogan: **"Mental Health in Emergencies and Crises"**

 Sunday, October 19, 2025

 From 9:00 AM until 2:00 PM

 Foyer of the College of Designs – (Female Students)



The poster is green and white with Arabic text. It features logos for IACS, IAU, and the University Guidance Center. The main text reads: 'تحت رعاية سعادة رئيس جامعة الإمام عبدالرحمن بن فيصل أ.د. فهد بن أحمد الحربي يدعوكم مركز الإرشاد الجامعي لحضور فعالية اليوم العالمي للصحة النفسية World Mental Health Day'. Below this, it says 'تحت شعار الصحة النفسية في حالات الطوارئ والأزمات'. At the bottom, it lists the date 'الأحد 19 أكتوبر/ 2025', time 'صباحًا 9:00 - ظهراً 2:00', and location 'بهو كلية التصميم الطالبات'.

https://x.com/IAU_KSA/status/1975851241965064324

7. Brain Awareness day

The CEO of #King_Fahd_University_Hospital in Khobar, affiliated with @IAU_KSA , Prof. Dr. Mohammed Al-Shehrani, inaugurated the (Neurology) exhibition, organized by the Department of Neurology, the Student Brain and Neurology Club, and the Health Awareness Unit, in the presence of the department head, Dr. Dana Al-Jafari, with the aim of raising awareness about 12 neurological conditions.



https://x.com/IAU_KFHU/status/1922517057490374774



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8. World Mental Health Day - University Guidance Center

Under the patronage of His Excellency the President of #جامعة الإمام عبد الرحمن بن فيصل Prof. Fahd bin Ahmed Al-Harbi, the Vice President of the University for Academic Affairs Dr. Abdullah bin Mohammed Al-Muhaidib inaugurated the activities of #اليوم العالمي للصحة النفسية# which is organized by the University Guidance Center, in the presence of the Center's Director Dr. Abeer Rashid, and the Dean of the Preparatory Year Deanship Dr. Nasser Al-Raiss, and the Dean of the College of Architecture and Planning Dr. Badran Al-Zanifir, with the participation of a number of colleges, students, and faculty members.



https://x.com/IAU_KSA/status/1976324797584830867

9. Special Needs and Autism

In a qualitative achievement that enhances the quality of healthcare and educational services, His Excellency the President of #Imam_Abdulrahman_Bin_Faisal_University, the entrusted Prof. Fahd bin Ahmed Al-Harbi, inaugurated the new identity of the Children's Clinic for Individuals with **Special Needs and Autism** at the University Dental Hospital as part of the #Special_Smile_Holders campaign, in collaboration with the Department of Public and Community Projects at Saudi Aramco, and in the presence of beneficiaries from the Shamouh Al-Amal Center, where therapeutic and preventive services were provided to 50 male and female beneficiaries with special needs and autism.



https://x.com/IAU_KSA/status/1917440916278677540

10. Clinical Psychology Department - World Mental Health Day

An aspect of the participation of several members and students of the **Clinical Psychology Department** in the events of **#World_Mental_Health_Day** in the Preparatory Year Deanship building.



https://x.com/IAU_CPH/status/1977268779383242901

11. IAU Courses


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[Home](#) / [Mental health](#)

Mental health

Course ID: MHLT 514

Credit hours	Theory	Practical	Laboratory	Lecture	Studio	Contact hours	Pre-requisite
8						:-	MED 401



Published on: 20 March 2024
 Last update on: 20 March 2024
 Page views: 702


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 IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

[Home](#) / [Psychiatric and Mental Health Nursing](#)

Psychiatric and Mental Health Nursing

Course ID: NURS304

Credit hours	Theory	Practical	Laboratory	Lecture	Studio	Contact hours	Pre-requisite
6	3		9			12	PSYCD110



Published on: 13 September 2023
 Last update on: 13 September 2023
 Page views: 1077

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Psychiatric and Mental Health Nursing I

Course ID: 2601556

Credit hours	Theory	Practical	Laboratory	Lecture	Studio	Contact hours	Pre-requisite
3	3		0.00			3	-



Published on: 14 May 2014
Last update on: 09 July 2014
Page views: 1094

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Psychiatric & Mental Health Assessment

Course ID: 2601558

Credit hours	Theory	Practical	Laboratory	Lecture	Studio	Contact hours	Pre-requisite
1						-	-



Published on: 16 February 2021
Last update on: 16 February 2021
Page views: 1094

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Mental and Psychological Health

Course ID: PUBH 403

Credit hours	Theory	Practical	Laboratory	Lecture	Studio	Contact hours	Pre-requisite
2						-	-



Published on: 15 August 2022

Last update on: 26 July 2023

Page views: 1024

