

SDG #3: GOOD HEALTH AND WELL-BEING

3.3.5. Mental Health Support

1. Student Counselling Unit

<https://www.ajman.ac.ae/en/student-life/counseling-unit>

Office of Student Counseling provides free access to mental health care services and sessions to all its students, alums, staff, faculty, parents, and families of staff members. The benefits include Individual and Group counseling sessions based on the individual requirement. The sessions are highly confidential, and records on student mental health are maintained in collaboration with the Office of Medical Services.

The Counseling Unit provides up to four free individual counseling sessions for AU students, staff, and faculty, addressing various issues like personality exploration, relationship challenges, self-esteem, fatigue, isolation, mood fluctuations, and depression.



Individual Counseling:

Working individually with a professional counselor offers numerous benefits. It provides relief to share your struggles with an impartial listener, whether you have ongoing concerns, new difficulties, or a sense that something is amiss.

Group Counseling:

Open agenda group sessions are effective in addressing various issues. They help you explore your interpersonal relationships and benefit from shared experiences and support.

After scheduling a session with the counselor, it can be conducted in the office or through telemental health services like Zoom, phone consultations, or WhatsApp chats.

Students supporting students

One of the most valuable resources students have at the University is each other. Providing support is not always easy. In this context, the following thoughts may be helpful:

- Individuals should be realistic about what they can offer in terms of support.
- They can play a role in building a support network, emphasizing that being a friend's sole or primary source of support may be overwhelming and compromise objectivity. Encouraging friends to have multiple sources to turn to is essential.
- Encouraging a friend to seek professional help is a beneficial step, and it's worth exploring any barriers preventing them from doing so.

Student counseling units also offer students the chance to support each other academically by facilitating a student network for discussing course-related topics and explaining concepts to one another.

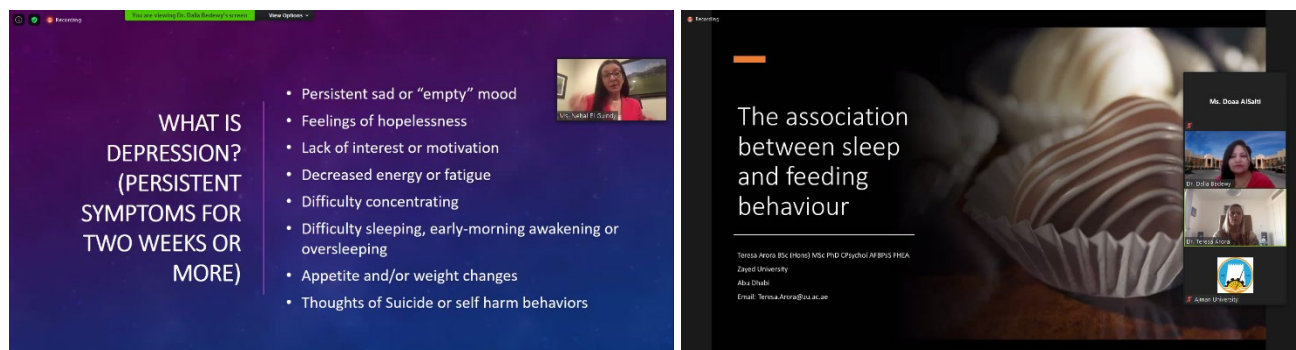
Let's Talk/Let's Tele Talk

"Let's Talk/Tele Talk" is a program that offers convenient access to informal consultations with a counselor during specific hours, with no need for prior registration.

This program is ideally suited for the following individuals:

- Students who are uncertain about counseling wish to experience what it's like to talk with a counselor;
- Students who face specific problems and are seeking someone to discuss them with;
- Students who are concerned about a friend and seek guidance on how to handle the situation;
- Students who are not interested in ongoing counseling value the perspective of a counselor.

Meetings are conducted on a first-come, first-served basis. "Let's Talk/Tele Talk" connects AU students with the counseling unit, providing support without needing an appointment.



Parental counseling and lectures

The Counseling Unit provides psychological services for parents because this will reflect on student's mental health.

Alumni Counseling

The Counseling Unit, in partnership with the Office of Development and Alumni Affairs, provides complimentary short-term consultation sessions for alumni and their parents. These consultations can be conducted through various means, including WhatsApp, Zoom meetings, email, and phone calls.

Academic accommodation for students with disability

The Counseling Unit provides reasonable academic accommodation for students with disabilities. Counseling is beneficial for those looking to:

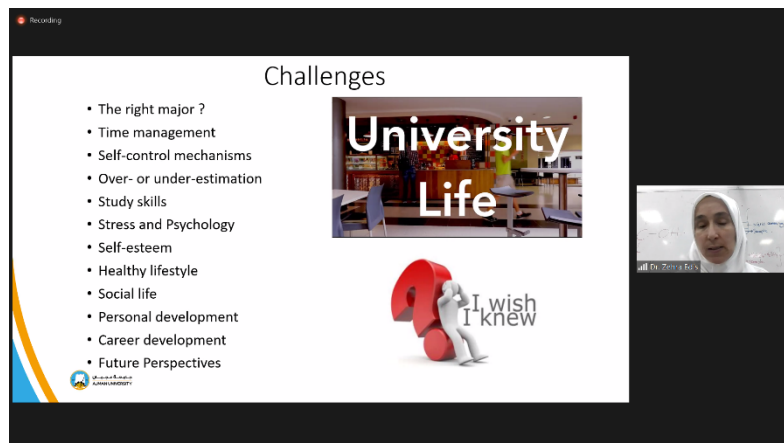
- Seamlessly integrate into university life
- Enhance their skills and abilities
- Improve their communication skills
- Gain insights into achieving success and excellence
- Cultivate self-confidence
- Develop more effective time-management skills
- Address and overcome feelings of fear and anxiety

The Counseling Unit provides support for a variety of issues, encompassing stress, anxiety, depression, relationship challenges, and sleeping disorders.

2. Policy on Student Counselling Services

The policy for Student Counselling can be accessed from:

<https://www.ajman.ac.ae/en/student-life/counseling-unit/counseling-policy>



3. Workshops

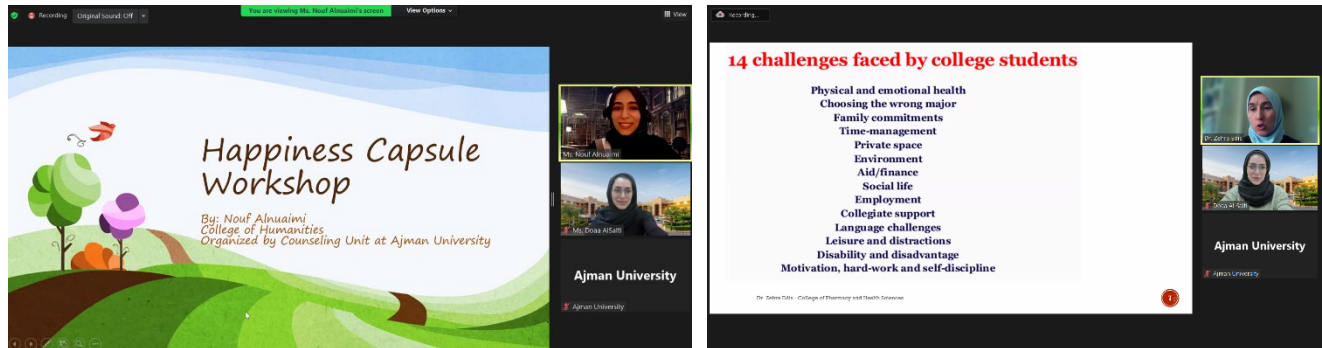
Numerous mental health events take place year-round at various locations such as Medical Services, hostels, sports complexes, and more. The workshop schedule is accessible at:

<https://www.ajman.ac.ae/en/student-life/counseling-unit/workshops>



4. Events and Activities

The Counseling Unit organizes workshops and events throughout the year, addressing various mental health and personal development topics, such as university success, study tips, time management, problem-solving, and more. These events are conducted by faculty members from different colleges and provide valuable insights and guidance to students. The counseling newsletter can be accessed at:



<https://www.ajman.ac.ae/en/student-life/counseling-unit/events-and-activities>

<https://www.ajman.ac.ae/en/news/2022/world-mental-health-day-symposium-at-ajman-university>

<https://www.ajman.ac.ae/en/news/2022/au-students-stand-up-against-street-harassment>

<https://www.ajman.ac.ae/en/news/2022/the-office-of-student-life-introduces-the-dangers-of-cyberbullying-to-students>

<https://www.ajman.ac.ae/en/news/2022/webinar-series-on-health-and-happiness-enlightens-students>

<https://www.ajman.ac.ae/en/news/2022/deanship-of-student-services-organizes-international-forum-on-education-and-mental-health>

<https://www.ajman.ac.ae/en/student-life/residence-life-and-housing/past-hostel-activities>