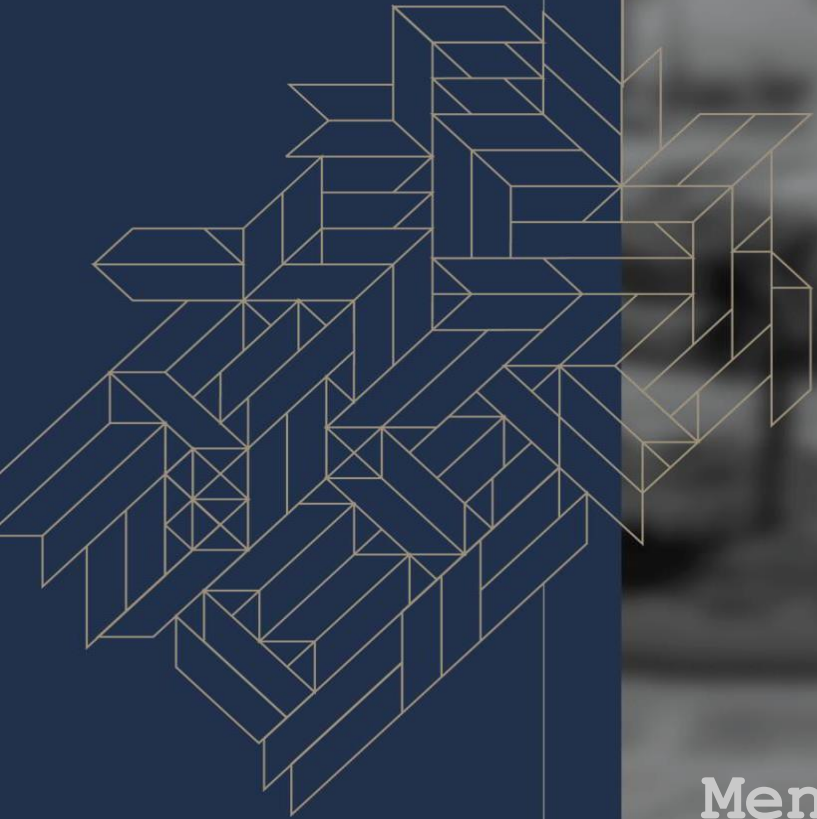




جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY



SDG 3.3.5  
Mental Health Support  
2022-2023

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## 1. Psychological Health in work

Join us today at 7 PM for our lecture by: Dr. Bandar Aladwani

@BandarAlAdwani1

About: "Our Psychological Health in Work: Knowing and Dealing with Hazards"



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY  
مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Our Psychological Health in Work; Knowing and Dealing with Hazards

**DR. BANDAR ALADWANI**

Tuesday | OCT 25 ,2022  
7 PM - 9 PM  
2 CME Hours  
All health care workers

Register Now  
**zoom**

#لتصل #اليوم\_العالمي\_للصحة\_للنفسية

اللجنة السعودية للتخصصات الصحية  
Saudi Commission for Health Specialties

[https://twitter.com/NAFS\\_IAU/status/1584882414278823937](https://twitter.com/NAFS_IAU/status/1584882414278823937)

## 2. IAU Counseling Center Activates "World Mental Health Day"

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.

The Director of the Center, Dr. Abeer bint Ali Al-Rasheed, stated that the celebration of this World Day aims to raise awareness with the importance of mental health among individuals, because mental health goes beyond the issue of treating disorders seeking to achieve happiness, psychological well-being, and enjoyment with quality of life. From this point of view and per activating the role of the center as an academic psychological entity, this world day was activated today with an exhibition presents the services provided to the university's employees, including students, faculty members, and employees, including awareness services, tests, whether academic, psychological, or social, beside use of stress levels devices.

Dr. added. Al-Rasheed that when the student has a high awareness of the importance of mental health, will seek the services of the center, which will certainly provide the necessary service in top confidentiality by skilled specialists. Thus, the student quality of life will be raises along with academic performance too.

Dr. Abeer pointed out that "In many of the academic problems facing us, we find the main aspect is psychological, not academic, and more the student has a high awareness of mental health, the more aspects of his life, whether psychological, academic, social or family, will be straightened". This why she sees that mental health is not something to mention it one day per year, but it is an ongoing daily matter that deserves attention and follow-up. Adding that we must strengthen this day so that individuals are encouraged to seek the services of the center, as many of them are reluctant to do so believing that the center is only intended for those with severe mental disorder, and this perception is not true. The center provides psychological services at all levels, and for all students, university employees and their families. We wish everyone a good and to make use of the services provided by the center.



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

### 3. Counseling Services

#### *Individual Counseling*

- Psychological Counseling:
- Academic Counseling:
- Occupational Counseling:

#### *Group-Counseling*

- Psychological Evaluation
- Awareness Services

#### *Emergency Cases Intervention*

- Intervention protocol



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

## 4. To Reach – World Mental Health day event

Part of a talk by Dr. Firas Al-Awwad, Head of the Psychiatry Department at #KingFahd\_University\_Hospital in #Al-Khobar about the awareness exhibition “To Reach” accompanying the #World\_Mental\_Health\_Day 2022 event.

#Imam\_Abdulrahman\_Bin\_Faisal\_University



[https://twitter.com/IAU\\_KFHU/status/1584942785433829376](https://twitter.com/IAU_KFHU/status/1584942785433829376)

## 5. Awareness Exhibition

The Director General of @IAU\_KFHU Prof. Dr. Muhammad Al-Shahrani, opened the awareness exhibition “ لتصل ” within the #نفس initiative coinciding with #اليوم\_العالمي\_للصحة\_النفسية 2022, in the presence of the Medical Director of @KFHU\_Biz

Dr. Majid Al-Abdali and the head of the Psychiatry Department, Dr. Firas Al-Awad. And a group of consultants, specialists and students from the Department of Psychological Medicine.



[https://twitter.com/IAU\\_KFHU/status/1584942416410599424](https://twitter.com/IAU_KFHU/status/1584942416410599424)

## 4. NAFS Initiative

The Department of Psychiatry invites you to attend the Nafs Initiative Exhibition under the slogan #لتصل for Mental Health 2022

📅 October 25/26, 2022 AD

🕒 9:00 AM until 3 PM

📍 The main lobby in #الخبر by مستشفى الملك فهد الجامعي



ندعوكم لحضور  
معرض مبادرة  
تحت شعارنا #لتصل للصحة النفسية ٢٠٢٢

البيو الرئيسي بمستشفى الملك فهد الجامعي بالخبر

من الساعة ٩ صباحاً إلى الساعة ٣ عصراً

الثلاثاء والأربعاء ٢٥ و ٢٦ أكتوبر ٢٠٢٢

قسم الطب النفسي

#لتصل للصحة النفسية

NAFS\_IAU

#اليوم العالمي للصحة النفسية

[https://twitter.com/IAU\\_KFHU/status/1584459223311667200](https://twitter.com/IAU_KFHU/status/1584459223311667200)



## 5. Breath Campaign

The Department of Psychiatry at @IAU\_KFHU announces the launch of a breath campaign on the occasion of #اليوم\_العالمي\_للصحة\_النفسية. Our meeting today with Dr. Noura Al-Muhanna, about misconceptions about the use of medications.

🕒 8:00 pm



[https://twitter.com/IAU\\_KFHU/status/1579501979369627649](https://twitter.com/IAU_KFHU/status/1579501979369627649)

