



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

عمادة خدمة المجتمع والتنمية المستدامة
Deanship of Community Service and Sustainable Development

SDG 3.3.7

Mental Health Support
for Staff

2023-2024

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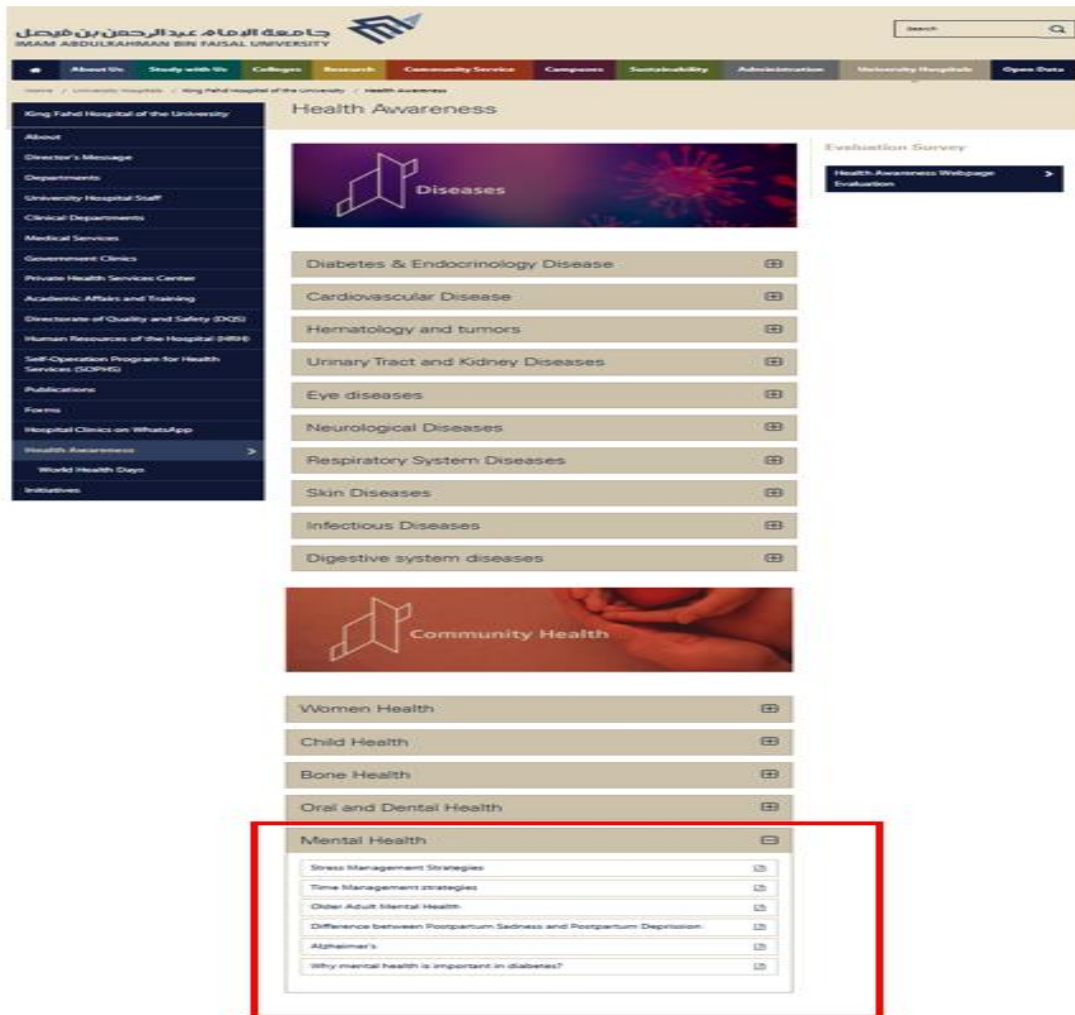
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Imam Abdulrahman Bin Faisal University (IAU) provides staff access mental health services at IAU campuses which is a free service to all the staff.

Find below some of our services at IAU.

1. Mental Health Awareness by KFHU, IAU

King Fahd Hospital of the University (KFHU) of the Imam Abdulrahman Bin Faisal University (IAU) is providing **mental health awareness for staff, students and public.**



The screenshot shows the 'Health Awareness' page of the King Fahd Hospital of the University. The page is organized into several sections:

- Navigation Menu:** Includes links for About Us, Study with Us, Careers, Research, Community Service, Campus, Sustainability, Administration, University Hospitals, and Open Data.
- Search Bar:** Located at the top right.
- Health Awareness Section:**
 - Diseases:** A list of medical conditions including Diabetes & Endocrinology Disease, Cardiovascular Disease, Hematology and tumors, Urinary Tract and Kidney Diseases, Eye diseases, Neurological Diseases, Respiratory System Diseases, Skin Diseases, Infectious Diseases, and Digestive system diseases.
 - Community Health:** A list of topics including Women Health, Child Health, Bone Health, Oral and Dental Health, and Mental Health.
 - Mental Health (highlighted):** A list of topics including Stress Management Strategies, Time Management strategies, Older Adult Mental Health, Difference between Postpartum Sadness and Postpartum Depression, Alzheimer's, and Why mental health is important in diabetes?.
- Evaluation Survey:** A button for 'Health Awareness Webpage Evaluation'.

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/health-awareness>

2. Provision of Psychiatry Department for providing mental health services for Staff

The Department of Psychiatry is part of a comprehensive system of care that is delivered to all patients who needs highly specialized psychiatric management as inpatient and outpatient at King Fahd Hospital of the University (KFHU).

In addition to the **Public, the employees and staff of IAU** can also avail the services provided by the psychiatric department to improve their mental health and psychological well-being.

Services Provided

- Proper psychiatric history and mental state assessment.
- Proper investigation.
- Collaboration with other psychiatric centers in the Eastern province (eg. Al-Amal Hospital, National Guard, Armed Forces Hospital and Child abuse centers) and in other areas of the country.
- Provide different therapeutic options starting from drug oriented to highly specialized therapy like ECT (Electric compulsive therapy).
- Referral for further management with more sophisticated treatment modalities.

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/clinical-departments/psychiatry-department>

3. Celebrations of World Mental Health Day by IAU

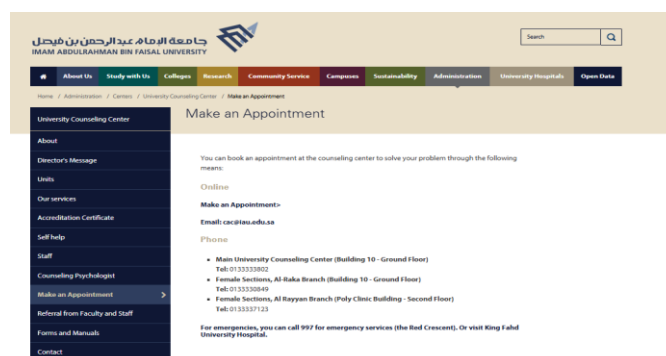
IAU Counseling Center activated “World Mental Health Day”, to be on the 10th of October annually. The center provided several services to students and **university employees** in the lobby of the health colleges through an exhibition of awareness messages and media articles.



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

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

The Vision of the **University Counseling Center (UCC)** of IAU is 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. It is also 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.

The screenshot shows the website for the University Counseling Center (UCC) of Imam Abdulrahman Bin Faisal University. The page is titled "Make an Appointment" and provides information on how to book an appointment. It lists the following details:

- Make an Appointment -**
- Email:** cac@iau.edu.sa
- Phone:**
 - Main University Counseling Center (Building 10 - Ground Floor) Tel: 013333802
 - Female Sections, Al Saka Branch (Building 10 - Ground Floor) Tel: 013333849
 - Female Sections, Al Rayyan Branch (Poly Clinic Building - Second Floor) Tel: 013333723

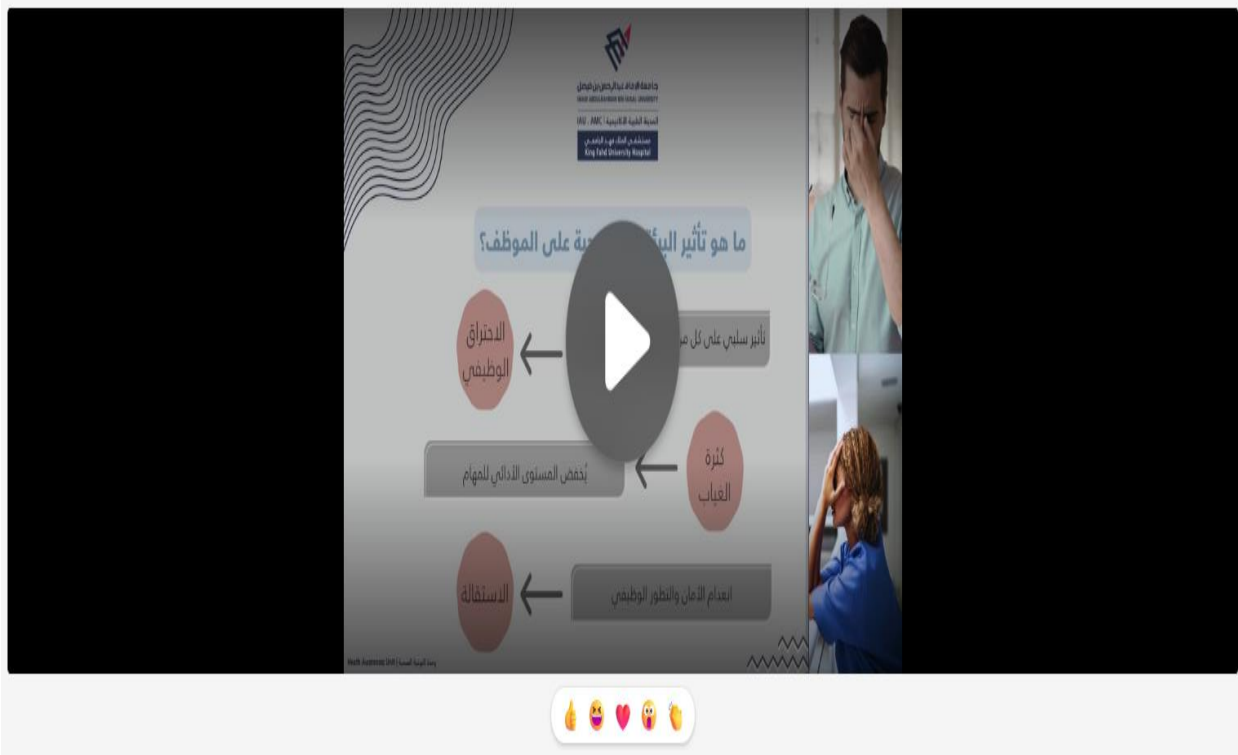
For emergencies, users are advised to call 997 for emergency services (the Red Crescent), or visit King Fahd University Hospital.

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

https://www.iau.edu.sa/sites/default/files/resources/policy_and_procedure_manual-iau.pdf

5. 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%2F%D8%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=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAIoiJtdHJlYW1XZWJcBcHAIcJyZWZlcnJhbFZpZXciOiJTaGFyZURpYWxvZy1MaW5rliwcmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTSw9kZSI6InZpZXcifX0&referrer=StreamWebApp%2EWeb&referrerScenario=AddressBarCopied%2Eview%2E6e52d97b%2D1a4c%2D456a%2D93fd%2D4e7b42778317&ga=1

6. 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 infinity symbol at the top left. A young boy in a blue shirt sits at a table with colorful blocks spelling 'M I T U A'. A red pushpin holds a yellow note in the center. The note contains the text: 'Autism is a different, all we have is to understand it'. To the right of the note is a QR code. At the top center, there is a logo for King Fahd University Hospital (KFHU) with text in Arabic and English: 'جامعة الإمام عبد الرحمن بن فيصل IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY' and 'المدينة الطبية الأكاديمية | IAU - AMC مستشفى الملك فهد الجامعي King Fahd University Hospital'. At the bottom right, there is a teal banner with the text 'وحدة التوعية الصحية Health Awareness Unit'.

World Autism Day
2 April

جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY
المدينة الطبية الأكاديمية | IAU - AMC
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

7. 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

8. 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>

9. 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>

10. 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>

11. 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

