

SUSTAINABLE DEVELOPMENT GOALS

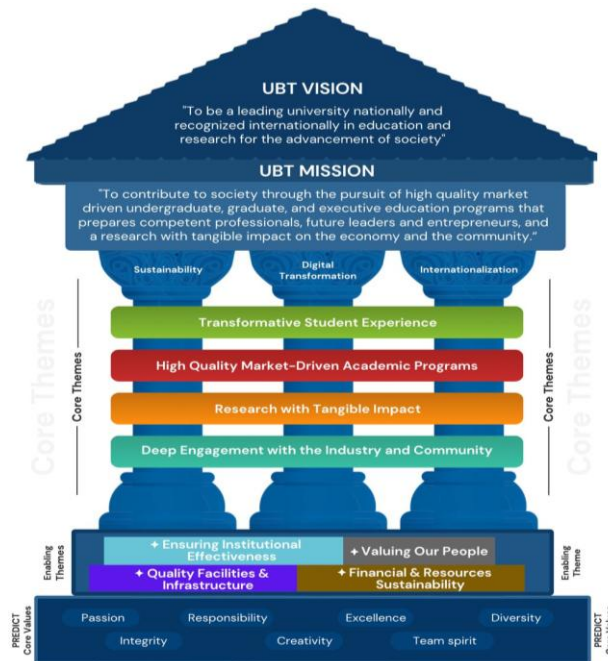


3.3.7 - Does your university as a body provide staff with access to mental health support?

Yes

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The University of Business & Technology

The University of Business and Technology (UBT) recognizes the critical importance of mental health awareness and is committed to fostering supportive environments for its faculty. By collaborating with healthcare professionals and local clinics, UBT integrates mental health education into broader health initiatives and creates platforms for open dialogue. These efforts enhance the professional experience for faculty while reflecting the university's dedication to workplace health and well-being.

Mental Health:

UBT engages in collaborative efforts with external organizations to promote mental health awareness among faculty. Events such as the "Don't Be Ashamed and Seek Consultation" campaign and drug prevention symposia are examples of UBT's initiatives aimed at reducing stigma and encouraging open discussions on mental health. These activities provide faculty with educational tools and foster an inclusive and supportive environment.

On May 8, 2024, Ibn Sina College medical students, in collaboration with Motmaena Clinic, hosted an impactful awareness campaign titled "Don't be ashamed and seek consultation." This initiative aimed to highlight the significance of mental and psychological health, encouraging individuals to seek help without stigma or fear. The campaign focused on building healthy practices and fostering an environment where mental well-being is prioritized alongside physical health. By providing educational resources and facilitating discussions, the campaign sought to reduce the stigma

associated with mental health issues and promote the importance of seeking professional consultation as a vital step toward enhancing overall well-being. Refer to evidence Mental health



In a continued effort to promote public health, UBT's Intellectual Awareness Unit, in collaboration with the General Directorate of Narcotics Control, organized a Drug Prevention and Awareness Symposium on April 24, 2024. This event focused on reinforcing community understanding of the dangers associated with drug use from various perspectives—security, social, psychological, and health. The symposium served as a crucial platform for disseminating information about prevention strategies, addiction recovery resources, and the societal impacts of drug abuse. For more details, refer to evidence Intellectual Unit Activities



These initiatives Awareness symposium reflect UBT's overarching commitment to enhancing mental and physical health within UBT and the local community. By actively engaging in collaborative efforts and promoting educational initiatives, the university aims to reduce stigma, foster open discussions, and enhance public awareness regarding significant health issues, ultimately contributing to a healthier, more informed society.

Conclusion

In summary, UBT is deeply committed to the health and well-being of its faculty. By offering a variety of tailored services and awareness programs, the university ensures that faculty members have access to essential resources for maintaining mental health and achieving personal and professional success.