Policy Name
Providing psychological counseling to students at Al-Mamoun University

Policy Information	
Issue Date	2023
Revision Date	July, 2024
Evaluation Frequency	Yearly
Level of Confidentiality	Public
Policy Approval Date	December 30, 2024

Policy Statement

Introduction:
In an effort to enhance students' well-being and academic success, Al-Mamoun University has implemented a psychological counseling program aimed at supporting students' mental health. The initiative aligns with the university's mission to provide a holistic educational environment that fosters emotional, psychological, and social development.

Objectives of the Counseling Services:

- To provide a safe and confidential space for students to discuss personal, social, or academic challenges.
- To raise awareness about mental health issues and reduce stigma.
- To support students in managing stress, anxiety, depression, and other psychological concerns.
- To promote overall emotional resilience and coping strategies.

Implementation Process:

1. **Establishing a Counseling Center:** A dedicated space was allocated within the university premises, furnished and staffed with qualified psychologists and trained counselors.
2. **Awareness Campaigns:** Posters, emails, and workshops were used to inform students about the availability and importance of counseling services.
3. **Appointment System:** Students can schedule private sessions through an online platform or in person, ensuring accessibility and confidentiality.
4. **Group Sessions and Workshops:** Regular mental health seminars, stress management workshops, and peer support groups were conducted.

Challenges Faced:

- Initial hesitation among students to seek help due to social stigma.
- Limited number of counselors compared to student demand.
- Need for continuous funding and administrative support.

Outcomes and Impact:

- Increased student engagement with the counseling services over the semester.
- Positive feedback from students regarding the professionalism and empathy of the counseling staff.
- Observable improvement in student performance and participation among those who attended sessions regularly.

Recommendations:

- Expand the counseling team to meet growing demand.
- Integrate mental health education into the curriculum.
- Collaborate with external mental health organizations for specialized cases.
- Continue promoting a culture of openness and mental health awareness.

Conclusion:
The psychological counseling program at Al-Mamoun University has proven to be a valuable resource in supporting students' mental health. With continued investment and awareness, it can significantly contribute to the university's goal of nurturing well-rounded, emotionally resilient graduates.