

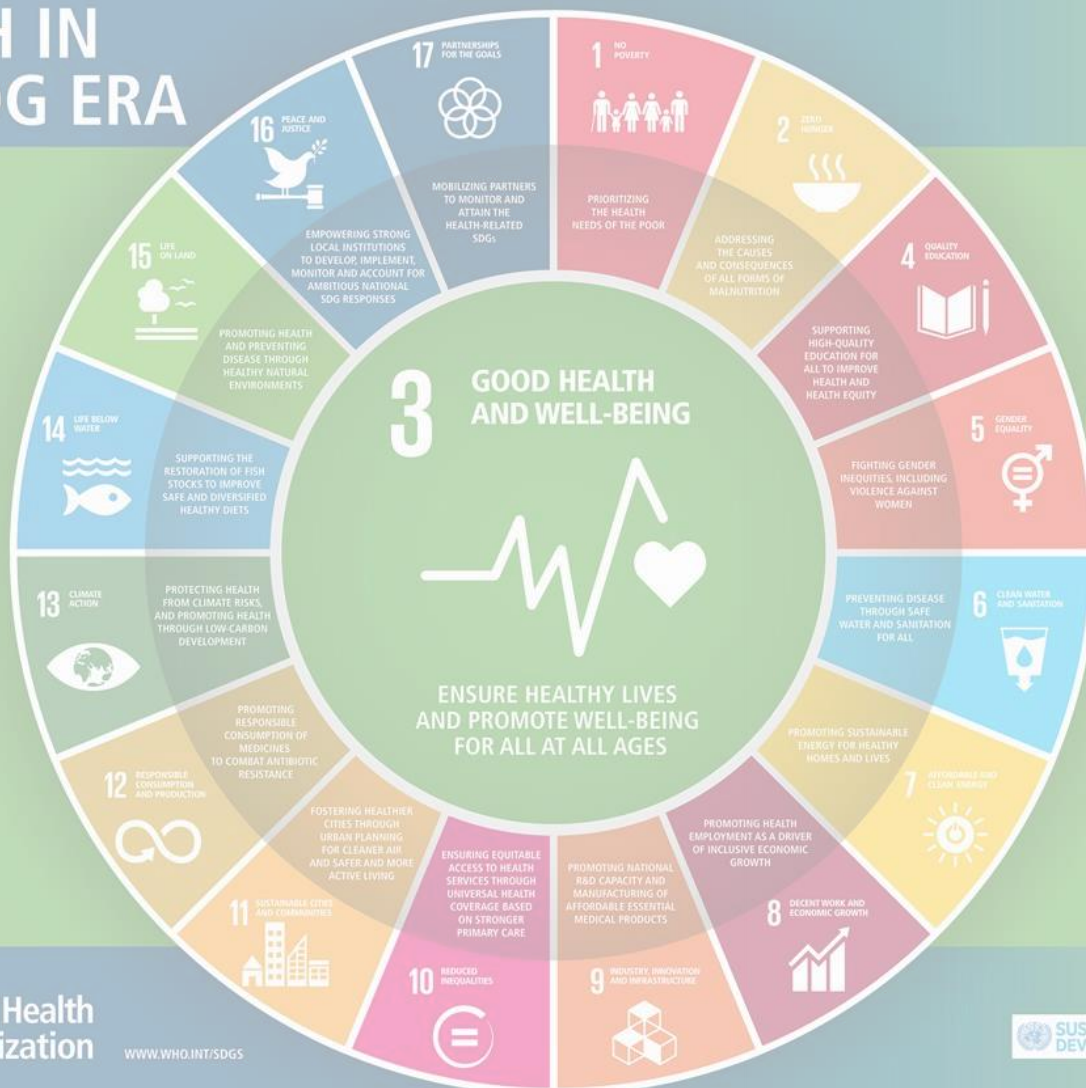
3 GOOD HEALTH AND WELL-BEING



Sustainable Development Report 2022

Good Health and Well-being

HEALTH IN THE SDG ERA



3.3.5: MENTAL HEALTH SUPPORT

At MUST, the provision of mental health support is a cornerstone of our commitment to the well-being and academic success of our students and staff. This part asserts the existence of proactive measures for the promotion of good mental health and the accessibility of mental health resources for our university community.

3.3.5.1 Existence of Provision for Active Promotion of Good Mental Health

MUST is dedicated to fostering a culture of good mental health, and we prioritize active promotion through various avenues. We have a dedicated unit for mental health support staffed with licensed professionals who provide counseling and psychological services. This unit operates year-round and offers confidential, student-focused support to address a wide range of mental health concerns.

In addition to our dedicated unit, we collaborate with two vital associations, we seek to reach our students and increase their awareness through 2 students activities dedicated to these efforts in addition to directing other on-campus activities towards this goal to bolster our mental health support efforts. The Nader and Khatwa associations play a pivotal role in raising awareness, reducing stigma, and providing educational resources on mental health issues. Their initiatives help create a more inclusive and supportive campus environment. Also, MUST's student and staff associations actively organize campaigns and events that promote mental health and well-being. These campaigns address topics like stress management, mindfulness, and self-care, contributing to a holistic approach to mental health support. By collaborating with these associations and units, we not only provide reactive support for mental health challenges but also take proactive measures to create a positive and nurturing environment that fosters good mental health among our students and staff.

For more information and visit the official page for our psychological guidance unit, [click here](#).

THE PSYCHOLOGICAL GUIDANCE UNIT

Psychological Counseling Unit aims to help students successfully complete their personal, emotional, social, academic, and professional development. Also, the Psychological Counseling and Guidance Unit offers services to the staff members and their families. Establishing the psychological guidance Unit has been approved and supported from the leaders and administration of the university, within the framework of the university's vision and objectives and an affirmation of its role in caring for and supporting students' personal, psychological, academic and life needs.

The goals of the Psychological Counseling Unit concerning the students' personal development are to contribute to their mental, emotional, and behavioral growth, to assist them in acquiring the knowledge and abilities they need to address academic, social, and personal issues, and to enhance quality of life by enhancing their ability to manage stress and solve problems.

The university provides a comprehensive network of psychological support units, catering to the diverse needs of its student body. The central general support unit serves the entire university community, while additional specialized support units are available within each college, ensuring that students receive targeted assistance within their respective academic domains. This integrated approach ensures that students have access to a wide range of mental health resources tailored to their unique circumstances.

The Psychological Counselling and Guidance Unit offers group therapy, educational seminars, and one-on-one consultation services on topics like easing the transition to college and dorm life, teaching coping mechanisms for exam anxiety, depression, relationship problems and adjustment problems.



Vision

The long-term vision of the Psychological Guidance Unit aims to achieve the best results in building bridges of communication between the university and its students to prepare a generation of young people capable of personal, psychological, and social adaptation to achieve the balance with themselves and the society around them as a necessity for positive competition in various aspects of life.

Mission

The Psychological Guidance Unit provides advice to overcome the problems facing students at the scientific and academic levels, as well as social and behavioral guidance for all university students to develop their professional attitudes and interests and develop their mental health, scientific and practical capabilities to reach the required quality level of education accredited (locally and globally).

Goals and Objectives

The psychological guidance system seeks to provide advice and help students in facing the difficulties related to their university life and help them to understand and solves their problems to produce a generation of young people qualified with science, knowledge, and ability to make decisions, this can be achieved through the following:

- Following-up students psychologically and academically: guide and observe them and submit reports and recommendations to the Vice President for Education and Student Affairs.
- Providing students with suggestions and recommendations to improve their educational attainment and help them overcome their academic and psychological problems.
- Paying attention to cases of academic delay and working on studying the reasons for that delay, offering a helping hand, and suggesting appropriate solutions.
- Helping students discover their abilities and tendencies, define their goals, and develop their potentials, which will be reflected on the society.
- Urging students to adhere to virtuous morals, civilized behavior, and possess the qualities of science and etiquette.
- Studying the negative behavioral phenomena of some students and working to find appropriate solutions to them.
- Orienting students who stumble academically, guiding them, taking care of them, and following them up to raise their academic level and helping them to overcome the obstacles they face.

MUST Supports Distinguished Student after Loss of her Father, December, 2021



The university community was invited to attend a birthday party in Yasmin's honor on December 1st, 2021, which was attended by her mother, her personal companion. The event was a touching appreciation to Yasmin and her family during a difficult time. We are proud to have Yasmin as a member of our university community .and extend our deepest condolences to her and her family

This initiative is part of MUST ongoing efforts to support its students and promote a culture of care and compassion on campus. We are committed to providing a supportive environment that fosters academic excellence and personal growth, and we will continue to support our students through both the good times and the bad ones. For more information, [click here](#).

MUST Hosts Successful Mental Health Awareness Day



MUST organized a successful mental health awareness day for students, Attendees received valuable information and resources on how to overcome mental health obstacles during their academic journey. Experts in the field, such as Prof. Amira Youssef and His Excellency Prof. Bahaa Al-Sheikh, attended the event. The event helped promote a supportive environment for students, and the university remains committed to supporting their mental health and well-being. All the respect to the Psychological Counseling Unit for their efforts in organizing this important event. For more information, [click here](#).

Psychological Counseling Unit at MUST Presents Seminar on Bullying Awareness, December, 2021



The seminar, which was held on December 30th, 2021, focused on the types of bullying faced by university students, its impact from childhood to youth years, and how to face a bully. Attendees were encouraged to share their personal experiences with bullying, which added a personal touch to the discussion and helped to highlight the importance of raising awareness about this critical issue.

MUST is committed to providing a safe and supportive environment for all students and recognizes the importance of addressing the issue of bullying to promote healthy relationships and prevent negative outcomes. The Psychological Counseling Unit plays a vital role concerning this issue by providing counseling services and educational programs that promote mental health and well-being. For more information, [click here](#).

Misr University for Science and Technology Participates in a Landmark Mental Health Event under the Patronage of Mr. President Abdel Fattah Al-Sisi, June 2022



On June 16th, 2022, Misr University for Science and Technology (MUST) participated in a groundbreaking event focused on mental health, under the distinguished patronage of Mr. President Abdel Fattah Al-Sisi, Leading mental health professionals, researchers and policymakers attended the event which aimed to explore the latest trends, innovations, and challenges in the field of mental health. Through a series of presentations, panel discussions, and workshops, participants discussed ways to promote mental health and well-being in Egypt and beyond.

MUST faculty members and students make valuable contributions to the discussions and debates, highlighting the university commitment to advancing mental health research and practice. For more information, [click here](#).

Khatwa



Goal and Vision

Khatwa is a student activity established to help university and non-university students. We do lectures and events to increase psychological awareness among students so that they have sufficient awareness of the most prevalent psychological diseases to know whether they suffer from the disease and how to deal with it if any. For example, we provided a booklet with most psychological disorders Prevalent in Event within the Misr University for Science and Technology, with the help of the University's Psychological Counselling Unit, in addition to the presentations that explain some diseases.

Finally, our goal is to help students deal with psychological problems, and our vision is to help build a more cohesive society that can face mental illnesses.

Achievements

- Made an event in the university. Its aim to spread awareness around the university environment and to educate students more about mental disorder.
- Made presentations about anxiety, eating disorders, isolation, obsessive compulsive disorder, suicide prevention, relationships and panic attacks.
- Made awareness lectures in different colleges such as dentistry, engineering etc.
- Made live session that Dr. Mervat presented.
- Made social media pages that gives positive daily quotes in addition to other activities.
- Other social activities that help boost students mentality.
- Made booklet that summarizes some of the disorders.



Who is Nader?

Nader Mohammed: was a biomedical engineering student in Cairo university, who suffered from stress and depression and took his life on the 1st of December of 2019.

NADER's vision

NADER will be offering help for the students in need, it will also raise.

Mental health awareness through campaigns, Events, printed publications, social Media posts and more. We know that the process of being mentally ill is invisible, we will provide students the atmosphere that ensures they

Are at the best mental state possible, maximizing their daily performance.

In studying and in their ordinary day through a setting we call "The inner Healthy circle"

The inner healthy circle consists of many practices and activities that the student activity provides for the sake of the best mental state possible for Students.

NADER's Mission

NADER will provide the students:

- 1- Mental health monitoring by a Counseling unit provided from the university, with assisting the students who need urgent help to professional therapists to do one to one session for FREE.
- 2- Group therapies that is led by a Professional counselor.
- 3- Events with Psychology Professors, doctors, and therapists as speakers.
- 4- Mental health awareness campaigns throughout the day on university grounds, enlightening them about some of the student journey struggles they could/are facing.
- 5- Nader's Volunteers Hub (NVH): Is a Facebook private group that is an implementation of the inner healthy safe circle previously mentioned, that provides: "A safe space to vent where you can write your anonymous confession, share their thoughts in the discussions that will be opened in the group."
- 6- Gatherings where students will be able to:
 - a. Share their story.
 - b. Show their talent.

c. Have Educational mental support in two forms:

- Pushing the student into their studies.
- Consolation in case of failure

There will also be studying sessions where the students in the same major Can help each other, and students who excel at a certain soft skill can Teach it to other students.

7- Participate in Book and movie clubs.

Achievements:

1- mental health event “A student’s journey”: 23 March 2022

Event that talks about the major struggles that students come through during college years from depression, anxiety, Self-reflection, social anxieties.

The event was led by several professionals in psychology,

- DR. Bahaa Elsheikh “Neurologist and Psychiatrist”, member of the American Psychological Association (APA)
- Prof. Amira Youssef, Consultant of psychology and addiction.
- Dr. Mervat Gamal, Head of counseling unit in MUST university.
- A 6-day mental health awareness campaign at 21 Dec – 27 Dec 2022 Where we tried to give opportunity to students who need help to ask for it, along with cheerful activities to all students.
- A one-day Campaign celebrating World’s mental health day on 12 October 2022.

2- Two Campaigns:

3- Four Group therapies with students who need help had the chance to open.

4- Three presentations about major mental health issues.

5- More than 10 Mental health awareness articles about many mental disorders across social media channels.

6-2.2K followers on Facebook and 150 on Instagram.