3.3.7 Mental health support for staff

Well-being issues for students and staff are often multifaceted, including family challenges, financial difficulties, feelings of isolation, social pressures, anxiety, and academic stress. Isra University is deeply committed to supporting the well-being of employees of the university, which can contribute to improved academic performance and services offered to students. Employees who experience a stronger sense of well-being and belonging often exhibit higher motivation, greater self-confidence, and increased engagement and achievement.

Each year, the department of psychology presents a comprehensive report detailing the number of cases and types of assistance provided to staff, a similar form is used for students (see attached). Special forms for counselling and intervention are also available. The department, established in July 2020, is led by a professor from a different faculty who specializes in mental health (see attached). This group continues to offer essential support to students and staff experiencing mental health challenges.

جامعة الإسراء
نموذج الدعم والإرشاد النفسي

أولا : معلومات عامة :
اليوم :.. الاربعاء
الوقت :........العاشره صباحا...............
إسم الطالب :▮▮▮
جنس الطالب :.....انثى ....
تاريخ الولادة :.....▮▮▮
مصدر الحالة : ..نفسها ....
طريقة تقديم الخدمة : .. عبر الهاتف........

التاريخ :... ....
رمز الطالب :... د.١. خ. ....

ثانيا : معلومات أكاديمية :
- السنة الدراسية للطالب : ....ثانية ....
- المعدل التراكمي للطالب : .... امتياز ....
- عدد الساعات التي قطعها الطالب بنجاح : ....45.............
- العبء الدراسي للفصل الحالي : ....18.............

ثالثا : الوضع الصحي للطالب : ممتاز

رابعا : الوضع الاقتصادي للطالب : .... جيد جدا.

خامسا : الوضع الأسري :
- عدد أفراد الأسرة :.................9...............
- ترتيب الطالب في الأسرة :...........4.............

Further, the university provided medical insurance to staff that included mental health.

			سياسة الخدمات الطبية	SS-02	-38
إجراء معاينة الطلبة وأعضاء الهيئتين التدريسية والإدارية	SS-02-001				
إجراء صرف الأدوية .	SS-02-002				
إجراء جرد الصيدلية	SS-02-003		Medical Services Policy		
إجراء الاشتراك / إلغاء التأمين الصحي أعضاء الهيئتين التدريسية والإدارية.	SS-02-004				
إجراء طلب الأدوية والمعدات وتخزينها .	SS-02-005				
إجراء الكشف على المطاعم	SS-02-006				

Medical Insurrance

The university has also organized various activities to support mental health. Below are highlights of two major events: On November 27, 2019, a free training course titled Psychological First Aid was held by the Deanship of Student Affairs and the Office of Career Guidance and Graduate Follow-up, in cooperation with international trainer Khaled Al-Othman. The course aimed to equip students and staff with psychological intervention skills for situations involving children, disasters, and domestic violence. It also sought to enhance psychological awareness and promote high-quality primary psychological assistance within the community.

https://www.iu.edu.jo/index.php/ar/all-news/2974-2019-11-27-08-40-52

Here are a few examples of recent publications in the field of mental health by faculty members of the Pharmacy Department, demonstrating their commitment to conducting cutting-edge research in this challenging area.

- Smart phone addiction and its mental health risks among university students in Jordan: a cross-sectional study; View article
-
- Suicide literacy mediates the path from religiosity to suicide stigma among Muslim community adults: Cross-sectional data from four Arab countries; **View article**
- Mental illness stigma as a moderator in the relationship between religiosity and help-seeking attitudes among Muslims from 16 Arab countries; **View article**