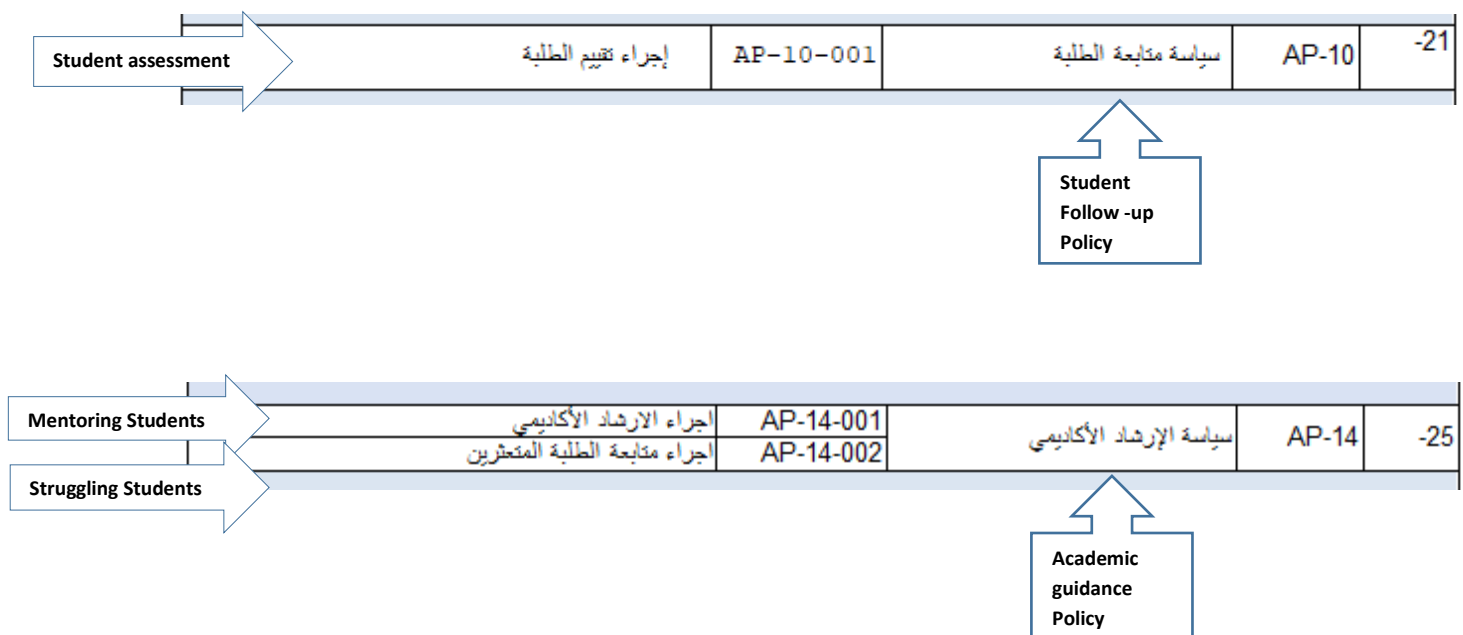


3.3.5 Mental health support

Well-being issues for students are often multifaceted, including family challenges, financial difficulties, feelings of isolation, social pressures, anxiety, and academic stress. To help students thrive academically, Isra University recognises the importance of promoting wellness and fostering a campus culture that prioritises well-being as a core value. Efforts are also underway to reduce the stigma surrounding mental health issues.

Isra University is deeply committed to supporting student well-being, which can contribute to improved academic performance, retention, and graduation rates. Students who experience a stronger sense of well-being and belonging often exhibit higher motivation, greater self-confidence, and increased engagement and achievement.

Taking care of student well-being and mental health starts at the mentoring stage where each academic is responsible for mentoring a group of students and regular meetings are required to ensure that students progress to their academic degree very well. There is a clear policy and regulations for mentoring. When a tutor identifies any mental health issues, the student is referred to a university-based “Psychological Support and Counselling Clinic”. The clinic is located in the psychology department.



Since 2020 the university acknowledged the importance of psychological support and established a series of policies and procedures as well as a committee for psychological counselling that is responsible operating the clinic.

SS-05-001	اجراء طلب خدمة الارشاد النفسي و المهني
SS-05-002	اجراء تقييم لخدمات الارشاد النفسي و المهني
SS-05-003	اجراء عقد جلسات الارشاد النفسي و المهني
SS-05	سياسة الإرشاد النفسي و المهني
-62	

Social and Psychological
support Policy



President Office

مكتب الرئيس

Ref:

الرقم:

Date:

التاريخ:

الدكتور سامي خرايشة المحترم
ق.أ. عميد شؤون الطلبة

Psychological Support
and Counselling
Committee

الموضوع: تشكيل لجنة فريق الدعم والإرشاد النفسي

صلاً بالصلاحات الممنوحة لي قررت: تشكيل لجنة فريق الدعم

والإرشاد النفسي برئاسة وعضوية كل من السادة:

رئيساً	رئيس قسم علم النفس في كلية الآداب	الدكتور مالك يوسف الخطيب
مقرراً	عضو هيئة تدريس في كلية العلوم التربوية	الدكتورة أسماء ناصر الخوالدة
عضواً	عضو هيئة تدريس في كلية الآداب	الأستاذ الدكتور زهير عبد الحق
عضواً	عضو هيئة تدريس في كلية الآداب	الدكتور حسان جميل فلسفة
عضواً	عضو هيئة تدريس في كلية العلوم التربوية	الدكتور عابد الروك الجعاني
عضواً	عضو هيئة تدريس في كلية العلوم التربوية	الدكتورة رانيا فريجات
عضواً	عضو هيئة تدريس في كلية العلوم التربوية	الدكتورة ليندا الخطيب

متمنياً لكم التوفيق والنجاح.

والقبولوا الاحترام

رئيس الجامعة

أ.د. أحمد نصير

Each year, the clinic presents a comprehensive report detailing the number of cases and types of assistance provided to both staff and students. Special forms for counselling and intervention are also available. The clinic, established in July 2020, is led by a professor from the psychology department who specialises in mental health. This group continues to offer essential support to students and staff experiencing mental health challenges. The clinic's aims include:

- Providing psychological and social support to students and staff through individual and group counselling sessions.

- Studying behavioural phenomena and issues that may arise among university students and working to find appropriate solutions, while helping students integrate into the university environment.
- Offering necessary support to students facing academic challenges and fostering their skills development.
- Organising regular educational and psychological lectures and seminars.
- Issuing periodic educational and psychological awareness publications.

**Psychology and
Counselling Form**

جامعة الإسرائء
نموذج الدعم والإرشاد النفسي

أولاً : معلومات عامة :

اليوم : الأربعاء

الوقت : العاشرة صباحاً

إسم الطالب :

جنس الطالب : انثى

تاريخ الولادة :

مصدر الحالة : نفسها

طريقة تقديم الخدمة : . . عبر الهاتف

ثانياً : معلومات أكاديمية :

- السنة الدراسية للطالب : ثانية

- المعدل التراكمي للطالب : امتياز

- عدد الساعات التي قطعها الطالب بنجاح : 45

- العبء الدراسي للفصل الحالي : 18

ثالثاً : الوضع الصحي للطالب : ممتاز

رابعاً : الوضع الاقتصادي للطالب : جيد جداً

خامساً : الوضع الأسري :

- عدد أفراد الأسرة : 9

- ترتيب الطالب في الأسرة : 4

التاريخ :

رمز الطالب : د. ا. خ

Example

The university has also organised 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 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>

At Isra University mental health is given a great emphasis and there are experts in mental health in various departments and faculties such as nursing, pharmacy and psychology. 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. The research addressed mental health issues in Jordan and samples were collected from IU/

1. Adherence to thyroid therapy and depressive status among patients with hypothyroidism in the northern of Jordan: A cross-sectional study [View article](#)
 2. Global, regional, and national burden of disorders affecting the nervous system, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021. The Lancet Neurology, 2024 [View article](#)
 3. The effect of cumulative night shift duties on insomnia, fatigue, and mental health in intensive care unit [View article](#)
 4. Mediating effect of depression and acute stress between exposure to Israel-Gaza war media coverage and insomnia: a multinational study from five arab countries [view article](#)
 5. Prevalence, factors associated and management of needle phobia among the general population in Saudi Arabia and Egypt [view article](#)
 6. Mediating effect of depression and acute stress between exposure to Israel-Gaza war media coverage and insomnia: a multinational study from five arab countries [view article](#)
- Isra University is committed to providing [psychological support and assistance](#) to students by establishing a dedicated **Psychological Support Team** and a specialized **Psychological Support Unit**. The team offers guidance and counseling services to students, helping them address psychological and emotional needs. The university has equipped the team with a **dedicated office on campus** and a **direct contact number** for students (4711710-EXT(2217)). Further details about the services and how to access them are available on the university's official website. [الإرشاد النفسي](#)