

## Access to Mental Health Support for Staff and Students at Alexandria University

Alexandria University provides multiple pathways for mental health support through university clinics, counseling services, academic departments, and wellbeing initiatives that serve both students and staff. These services combine prevention, counseling, assessment, referral, and awareness programs to create a healthier campus environment.





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### **1. University Student Psychological Support Services**

Alexandria University has formally emphasized the role of the **Student Psychological Support Center** as an essential pillar of student wellbeing. The center is intended to help students adapt to university life, manage stress, address academic pressure, and receive early support when psychological difficulties arise. University council communications also linked this service to inclusion and support for students with disabilities.

#### **Example Case**

A first-year student experiencing anxiety before examinations may receive counseling focused on stress management, study balance, and referral if specialized care is needed.

### **2. High Institute of Public Health – Mental Health Clinic**

The High Institute of Public Health operates an Integrated Health Clinic with a dedicated mental health clinic. Published services include:

- Cognitive Processing Therapy (CPT) for psychological stress
- Child psychological support
- Marital counseling
- Intelligence and psychological assessment

- Coordinated care with nutrition and preventive clinics

#### **Example Case**

A staff member facing prolonged work stress could access therapy sessions, wellbeing guidance, and referral pathways through the clinic.

### **3. Academic Expertise and Capacity Building**

The Faculty of Education includes departments in mental health and educational psychology, demonstrating in-house academic expertise that can support awareness programs, training, and evidence-based interventions.

#### **Example Case**

Workshops for faculty members on burnout prevention, student distress recognition, and supportive communication can be delivered using internal specialists.

### **4. Preventive Wellbeing Model**

Mental health support is not limited to treatment. Alexandria University's broader wellbeing ecosystem includes:

- Public health education
- Stress awareness seminars
- Health promotion campaigns
- Inclusive student support systems
- Links between physical and mental wellbeing services

#### **Example Case**

During exam periods, faculties may organize awareness sessions on sleep, time management, and coping with pressure.

### **5. Strategic Value**

These services help Alexandria University strengthen:

- Student retention and success
- Staff wellbeing and productivity
- Inclusive campus culture
- Early intervention and prevention
- Alignment with international wellbeing and sustainability indicators