

MENTAL HEALTH SUPPORT

[Princess Nourah Bint Abdul Rahman University contains king Abdullah Bin Abdul-Aziz university's Hospital located inside universities campus and providing mental health support for students and staff with free access \(KAAUH\).](#) As part of the mission of the hospital, it is based on the integration of services provided with education and research that will bring the best knowledge and care to patients and students using the latest technology. KAAUH stands out as a model among local university hospitals in the fields of medical care, training, and research, and to be recognized as a world-class regional reference in women's health, adolescent health, and child development by 2030, and have a mission to provide the highest standards of care to achieve respect and aspirations of patients in a safe and stimulating environment with excellence in education and research.



[KAAUH_2020](#)

PNU provide mental health support to the university community from King Abdullah bin Abdulaziz University Hospital, these activities are highlights in the Internal Medicine & Critical Care-Departmental Manual.

- Outpatient mental health service provide psychiatry outpatient, psychotherapy.
- Excluded services:
 - Patient with agitation, suicide or self-harm should be diverted to another hospital
 - No inpatient services
- Specific Procedures:
 - Psychometric Tests: are as standard and scientific method used to measure individuals' mental capabilities and behavioral style
 - Mental Status Examination: The mental status examination is a structured assessments of the patient's behavioral and cognitive functioning. It includes descriptions of the patient's appearances and general behavior, level of consciousness and attentiveness, motor and speech activity, mood and affect, thought and perception, attitude and insight; the reaction evoked in the examiner, and finally, higher cognitive abilities.
- Sleep Center
 - Diagnosis and Management of Sleep Disorders
 - Follow-up for patients with sleep disorders
 - Specific Procedures / Studies:
 - Overnight sleep study (polysomnography test PSG).
 - Multiple Sleep Latency Test (MSLT).
 - Maintenance of Wakefulness Test (MWT)
 - CPAP initiation
 - Clinical assessment for uncomplicated sleep disordered breathing
 - Video and extended EEG monitoring for parasomnia and nocturnal seizures
- 5. **Gastroenterology/Hepatology**
 - Dysphagia
 - Foreign bodies/corrosive ingestion
 - G.I. bleeding (upper & lower)
 - Malabsorption syndrome
 - Chronic diarrhea
 - Inflammatory bowel disease
 - Chronic pancreatitis
- 6. **Cardio/Neuro Diagnosis Services**

The following tests will be offered:

 - Cardio diagnostic
 - 12-Lead ECG
 - Transthoracic Echocardiography

In regard to the mental health services these are provided to eligible clients at King Abdullah Bin Abdulaziz University, which must be more than 18 years of age, and basically are:

Psychiatry/Psychology

- Mental health services are provided to eligible clients and KAAU
- Mental health clients must be more than 18 years of age
- Mental health services provide outpatient and psychosomatic consultation
- Mental health services provide will be only for inpatient consultation and OPD

- Patients needed admissions should be diverted from the ED to another hospital
- Outpatient mental health services are provided in the mania outpatient department at KAAUH
- Outpatient mental health service provide psychiatry outpatient, psychotherapy

In the Manual about the Internal medicine and Critical Care of the KAAUH can be found information related with scope service, organization structure, manpower plans and relevant policies and procedures.



Some events related to supporting students and university staff related to mental health are shown below:

[The “Tarabet” Family Counseling Center, in cooperation with the National Center for the Promotion of Mental Health, provides the telephone psychological counseling service to address the psychological pressures, anxiety and fears due to the Coronavirus Covid 19.](#)

جامعة الأميرة
نورة بنت عبدالرحمن

إعلان

للأفراد وأسرتهم لمن هم في الحجر المنزلي أو الصحي
يعلن مركز الاستشارات الأسرية (ترابط)
وبالتعاون مع المركز الوطني لتعزيز الصحة النفسية عن :
تقديم خدمة الاستشارة النفسية الهاتفية
لمواجهة الضغوط النفسية والقلق والمخاوف بسبب فيروس كورونا كوفيد-19
وذلك على يد نخبة من المتخصصين النفسيين والاجتماعيين

٠١١-٨٢٢٠٨٨٨ من الأحد حتى الخميس ٩:٠٠ صباحاً وحتى ٣:٠٠ مساءً

مدة الاستشارة / ١٠ دقائق

للإستفسار / مركز الاستشارات الأسرية (ترابط) @wced_foc

مركز الاستشارات الأسرية (ترابط) وبالتعاون مع المركز الوطني لتعزيز الصحة النفسية لتقديم خدمة الاستشارة النفسية الهاتفية للأفراد وأسرتهم لمن هم في الحجر المنزلي أو الصحي.

pmu.edu.sa pmu_k.sa

Telephone psychological counseling.

- [The announcement of the Center for the "thread" Family Guidance for the opening of the unit \(psychotherapy play therapy for children\) who face psychological and behavioral difficulties.](#)

جامعة الأميرة نورة بنت عبدالرحمن

يعلن
مركز الاستشارات الأسرية (ترابط)
عن افتتاح وحدة

العلاج النفسي باللعب للأطفال

الأطفال ممن يواجهون صعوبات نفسية وسلوكية

للإستفسار وحجز المواعيد |
011 8223891 | 0539108199

مركز الاستشارات الأسرية (ترابط)
مبنى المكتبة (٥٠١) الدور الخامس
جامعة الأميرة نورة بنت عبدالرحمن

للوصول للموقع الإلكتروني
من صفحة الفيسبوك الخاصة بـ

0539108199 | 011 8223891 wced_foc

Family Guidance

- [The Community Service Unit and the students of the Faculty of Pharmacy carried out an awareness campaign entitled "Mental health and its importance" .](#)



Mental health and its importance

- Center for Promising Research in Social Research and Women's Studies held the conference entitled "Mental and reproductive health of women"



Mental and reproductive health of women

- Faculty of Pharmacy in cooperation with the team of volunteers I Understand held the conference "Promotion of mental health"



Promotion of mental health.

- Intellectual Awareness Unit developed a conference entitled: "Mental health techniques and their impact on the individual."



Mental health techniques.

- The Faculty of Health Sciences and Rehabilitation carried out the academic initiative "Psychiatric disorders and treatments".



Psychiatric disorders and treatments.

- Faculty of Health Sciences and Rehabilitation carried out the academic initiative of awareness about mental health [9]



Awareness about mental health.

- The Faculty of Health Sciences and Rehabilitation held the event "Mental Health Awareness Day"



Mental Health Awareness Day

- [The Faculty of Health Sciences and Rehabilitation invited you to attend the initiative "Mental health for a more productive life" on the occasion of World Mental Health Day](#)

الاسم	اسم المحاضرة	المكان والزمان
لجين العمري	علم نفس الكينيني من الف الى الياء	من 12 الى 2 مساءً (2018)

المحاضرة: الأربعاء 24 أكتوبر 2018 من 10 الى 12
 المكان: بهو كشفا محطة A10

Mental health for a more productive life

Dr. Wafaa Hamad Al-Maghioli	Assistant Professor	40744	whalmegewly@pnu.edu.sa
Dr. Rasha Mohammed Mahfouz	Assistant Professor	40432	rmmahfouz@pnu.edu.sa
Dr. Zainab Ahmed Abu Sibaib	Assistant Professor	40421	zaabusabeib@pnu.edu.sa
A/ Rihanna Rabah al-Mutairi	Greeting	40826	RRAlmutairi@pnu.edu.sa
A/ Twitter Samal Al-Otaibi	Greeting	40568	tsalotaibi@pnu.edu.sa
A/ Anwar Sharq al-Anzi	lecturer	39743	AnSAlanazi@pnu.edu.sa
A/ Raghad Bagad Al Harbi	Greeting	40826	rbalharbi@pnu.edu.sa
A/ Fatima Saad Salloum	Greeting	40819	Fsaalsallum@pnu.edu.sa

Contact us:

Building Number	S240
Role	Third
Train station number	A10
Phone number (82-*****)	8240438
e-mail	Cn-ch@pnu.edu.sa

3- World Happiness Day



يسر كلية الآداب ممثلة في وحدة الخدمة المجتمعية
دعوتكم لحضور فعالية بعنوان :
«اليوم العالمي للسعادة»

يوم الخميس 25/11/1443هـ
قاعة افتراضية في برنامج teams
من الساعة (10م - 12م)

رابط الحضور :
Join Microsoft Teams Meeting

pnu.edu.sa

3- World Happiness Day

Ministry of Education
 Prince Sultan bin Abdulaziz University
 11566

وزارة التعليم
 جامعة الأمير سلطان
 11566

برنامج اليوم العالمي للتحديات النفسية الموافق ١٤٤٢هـ الموافق ٢٠٢٠م
 ٢٠٢٠م

الوقت	الموضوع	المتحدث	المكان
٨:٠٠	الافتتاح	د. خالد الكبيسي	الجامعة الإسلامية
٨:٣٠	تقديم المحاضرة	الدكتور محمد بن عبد العزيز	الجامعة الإسلامية
٩:٠٠	استراحة		
٩:٣٠	تقديم المحاضرة	د. محمد بن عبد العزيز	الجامعة الإسلامية
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١٠:٣٠	تقديم المحاضرة	د. محمد بن عبد العزيز	الجامعة الإسلامية
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١٢:٠٠	استراحة		
١٢:٣٠	تقديم المحاضرة	د. محمد بن عبد العزيز	الجامعة الإسلامية

٢٠٢٠م

2- Activating World Mental Health Day (Mental Health in Islam):



Report on the effectiveness of World Mental Health Day at the Faculty of Nursing

Under the auspices of the Dean of the Faculty, Dr. Samira Al-Sanani, and the umbrella of the Student Affairs Agency represented by her agent Dr. Hanan al-Harbi, the College held the events of The World Day of Mental Health, on Thursday, 29Th of Muharram 1439 H, October 19, 2017 from 9 a.m. to 12 p.m., coinciding with World Mental Health Day, with the presence of more than 100 students and faculty members and supervised by Dr. Rasha Mahfouz.

The event began with fragrant verses from the Holy Quran and included an introduction to World Mental Health Day, a speech by Assistant Under-Secretary for Students Dr. Rasha Mahfouz welcoming the audience, a video presentation on the National Committee for the Promotion of Mental Health explaining the purpose of establishing this committee and social services provided to all members of the community and the most important centers that provide psychological support and counselling, and a speech by the representative of the National Committee for the Promotion of Mental Health Professor Mudi Al-Sumit explaining the importance of the programs provided by the Committee to all members of the community In general and female students in particular, Professor Nawal Al Jasser, senior specialist in family and marital therapy and psychotherapy at King Abdullah Bin Abdulaziz University Hospital, talked about the concept of mental health and the importance of mental health on the individual and community side, as discussed Dr. Super Zaidi mental health among working women(Mental health among working women), in addition to discussing several topics in the same field.

The event concluded with a visit by female students to the national mental health promotion committee, which contained the Mental Health Guide in the Working Environment, which deals with several aspects of psychological therapy in the working environment and awareness leaflets and publications for some mental illnesses.

This is in line with the university's interest in programs and activities, and contributing to community awareness.

Family Consulting Center

The Family Counselling Center is the first family center specialized among universities in the Kingdom, where this center was established to participate in addressing family problems that threaten family security and cohesion, and correcting some concepts related to family, marriage, divorce, reproduction and the foundations of proper education.

Recognizing the importance of cohesion and family cohesion and its impact on the cohesion and unity of society, Princess Nourah Bint AbdulRahman University adopted the establishment of a family counselling center in faith in its role in the service of society, under the slogan:

"Aconnected family, a safe society"

The center is supervised by a number of specialists in the field of social service, psychology and management, and provides its services to the university and the community as a whole.

Vision:

Leadership at the national level in the field of marriage and family guidance.

Message:

- Providing specialized quality services in the field of marriage and family guidance that contribute to raising the quality of life of the Saudi family,
- Strengthening the university's role in serving the community to achieve the kingdom's vision 2030.

Goals:

1. Qualification of specialists in the field of marriage and family guidance.
2. Rehabilitation of specialists in the psychological field of children and adolescents.
3. Providing programs to strengthen family relations and overcome marital and family problems.

4. Providing mental health promotion programs to the whole family.
5. Providing advisory and counselling services to the whole family.
6. Establishing a national platform for specialists in the field of psychological, marital and family counselling.
7. Establishing a forward-looking research database for the future of the Saudi family.
8. Conducting research in the field of family.
9. Contributing to the development of regulations related to the rehabilitation of workers in family counselling shops.
10. Contributing to the creation of a national organization for those working in the field of family guidance.
11. Contributing to the development of legislation on the family.
12. Building training partnerships for local and international research training.
13. Building community partnerships with the government, private and third sectors.

Tasks

1. Psychological, social and family counselling.
2. Individual treatment, group therapy and family therapy.
3. Training programs and awareness campaigns.
4. Research and studies.

[Psychological Counselling Forum at Princess Nourah University](#)

Princess Nourah Bint AbdulRahman University organizes on Saturday and Sunday, March 27-28, the second forum of the Saudi Association for Psychological Guidance (Psychological Guidance in Times of Crisis and Disaster), with the aim of identifying the concept of psychological guidance in crises and disasters, and its organizational procedures, as well as highlighting psychological counselling services in crises and disasters in educational institutions, as well as community experiences and initiatives.

The forum will discuss psychological counselling during crises and disasters in approximately 15 working papers and four specialized scientific sessions involving more than 20 speakers specializing in psychological guidance.

The forum offers a variety of titles for discussion in the sessions, including: mental health components in times of crisis and disaster, the title of psychological counselling services in educational environments in times of crisis and disaster, mental health and the Corona pandemic.

The forum is held over two days, focusing on sessions and working papers, and the second day on training workshops and comes in four axes: introduction and basics of cognitive behavioural therapy, ptsd cognitive therapy, the role of the family in dealing with cases of child addiction, and the brief cognitive assessment of schizophrenia.

To attend the forum you can visit the following link: (www.psyeconfer.com)

[Psychological and Social Counseling Unit](#)

The Psychological and Social Counseling Unit is under the authority of the Student Guidance and Counseling Vice-Rectorate of the Deanship of Student Affairs. It seeks to raise the level of social, psychological and academic counselling services to achieve psychosocial compatibility for students in the University environment.

Services provided by the Unit:

1. Offer psychological, social and academic counseling services to students.
2. Preparing awareness-raising programs and implementing plans to help students enhance and develop their personalities and skills.
3. Study the cases of students who apply to benefit from the service of allowances and loans, as well as student housing and nursery care.
4. Amend some of the incorrect behaviors of students through rehabilitation and therapy sessions.

For specialists' offices in different colleges, please click [here](#).

Contact Info:

E-mail: Dsa-pscu@pnu.edu.sa

Number: : - 0118238818

Location: Main Building (P01), F1, Ground Floor, Deanship of Student Affairs, Office (104,45)

[7.4 The Psychological and Social Counseling Unit.](#)

The aim of this unit is to improve both the psychological and social harmony of students, and help them overcome any stress that may negatively impact their mental health and academic success. Student confidentiality is always respected, following PNU policy on student privacy.

Services provided by the Unit include:

- Consultation with the unit psychologist, with whom an appointment can be arranged through the following email: maaldaej@pnu.edu.sa to provide necessary guidance/support.
- Processing applications for financial support: Eligible students can apply for 56 financial aid through the unit's social counselor. The student will be required to provide proof of her financial situation. The social counselor provides the necessary guidance in processing the application forms and follows up an approved application until the student receives her aid.
- Conducting training courses to help students develop their personalities.
- Issuing of informative leaflets on the role of the Psychological and Social Counseling Unit

[The Challenges Faced by Undergraduate Women during the COVID-19 Pandemic in Saudi Arabia](#)

The latest COVID-19 pandemic is a specific and unusual event. It forced universities to close their doors and move fully to distance education. The sudden shift from traditional education to full distance education created many challenges and difficulties for universities, faculty members, and students. This study aims to investigate the challenges and obstacles faced by undergraduate women in Saudi Arabia universities while using online-

only learning during the COVID-19 pandemic outbreak. Moreover, this study provides some recommendations to address these challenges from undergraduate women's perspectives. The study used a qualitative research methodology to investigate the challenges and difficulties. The participants were undergraduate women selected using random purposive sampling technique from the population of College of Computer and Information Sciences (CCIS) at Princess Nourah Bint Abdulrahman University (PNU), Riyadh, Saudi Arabia. The final sample consisted of 68 undergraduate women who responded to a predesigned open-ended questionnaire that was sent via e-mail to targeted respondents. The data gathered from the questionnaire were analyzed using qualitative content analysis. Results of the research revealed that the most obvious challenges identified by the participants were technical issues, lack of in-person interaction, distractions and time management, lack of a systematic schedule, stress and psychological pressure, missing the traditional university environment, limited availability of digital devices, and lack of access to external learning resources.

[Mental health among healthcare providers during coronavirus disease \(COVID-19\) outbreak in Saudi Arabia.](#)

Background

The novel coronavirus (COVID-19) was recently declared a pandemic by the World Health Organization (WHO). The first confirmed case in Saudi Arabia was announced on March 2, 2020. Several psychiatric manifestations may appear during pandemics, especially among frontline healthcare providers.

Objectives

This study sought to explore depression and anxiety levels among healthcare providers during the COVID-19 outbreak in Saudi Arabia.

Methods

This was a cross-sectional study of a convenience sample of 502 healthcare providers in the Ministry of Health. Depression and anxiety were assessed via the Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder 7 (GAD-7) questionnaires, respectively.

[Perceived Clinical Stressors among Saudi Nursing Students](#)

Purpose:

Nursing profession is considered as a stressful and demanding job. The purpose of this research was to determine stressors types and degrees over two data collection periods in 2015-2016.

Methods:

This is a quantitative descriptive research study. A purposive sample of 55 female nursing students (complete 4th year cohort) from Princess Nourah University took part in this study.

Results:

The results highlight that the most influential cause of stress were factors related to taking care of patients, teachers and nursing staff. Moreover, nursing students reported increased level of stress comparing them in two different time periods.

Conclusions:

To overcome these clinical stressors, it requires students to be equipped with competent knowledge, skills and experience in dealing with the changing needs of patients' condition. Future research should explore nursing students' beliefs and causes of stress and how it can be avoided by conducting a qualitative research study.

[The Family Counseling Center \(Tarabut\) presents a program entitled "Applying Positive Affirmations in Relaxation"](#)

The Family Counseling Center (Tarabut) presents the program of "Applying Positive Affirmations in Relaxation",

which will be hold at the headquarters of the Center on Wednesday, 04/12/2019 AD, corresponding to 07/04/1441 AH, from 10:00 am to 12:00 pm

By Ms. Fatima Abdullah Al-Shaiq, Senior Social Worker

Registration Link

[\(Click Here\)](#)