

### **3.3.7 Mental Health Support for Staff**

#### **2023-2024**

AASTMT Clinic offers comprehensive medical services in diverse health fields and partners with reputable hospitals, pharmacies and clinics.

#### **Medical & Mental Health Clinics**

Its Medical Services Department operates on-campus clinics offering free professional support for emotional, psychological, and mental health concerns

[\*Medical & Mental Health Clinics\*](#) on AASTMT webpage

#### **Dedicated Counseling & Support Staff**

The Accessibility Center (Alexandria) includes Counseling & Mental Health staff working alongside welfare and disabilities advisers to support students with mental health difficulties

[\*Dedicated Counseling & Support Staff\*](#) on AASTMT webpage

For staff, the Health and Well-being team includes mental health support services, available free of charge under their health insurance.

[\[licatas2017.aast.edu\]](mailto:licatas2017.aast.edu), [\[aast.edu\]](mailto:aast.edu)

#### **Programs & Awareness Workshops**

El Alamein branch organizes regular mental health workshops, such as “Take Care of Your Mental Health” on World Mental Health Day

[\*Programs & Awareness Workshops\*](#) on AASTMT webpage

#### **Institutional Well-being Initiatives**

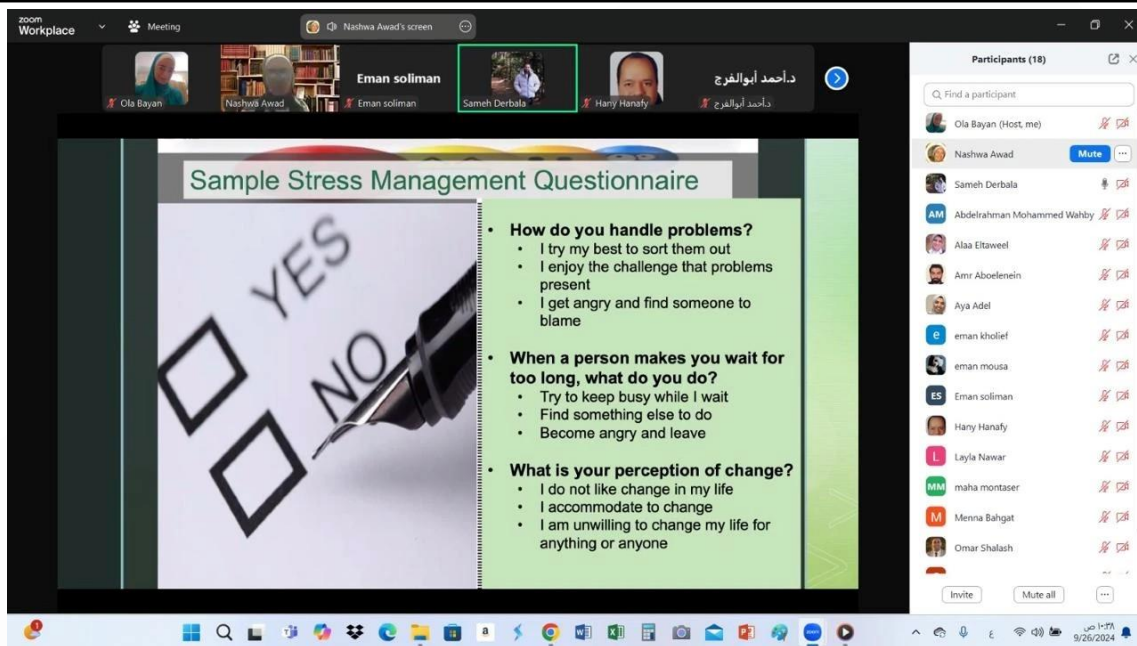
Aligned with SDG 3.3.7, AASTMT embeds mental health support into its duty-of-care policies for both students and staff across all campuses.

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#### **Emotional Intelligence in Education**

At the College of Pharmacy – AASTMT (Alamein Campus), we recognize that academic excellence must be supported by mental health, emotional resilience, and a supportive learning environment. In collaboration with the Faculty Development Center, college of pharmacy and staff engaged in a dynamic online workshop titled “*Emotional Intelligence in Education*”, led by Dr. Nashwa Awad on 9–10 August 2023.

This initiative focused on enhancing self-awareness, stress management, and emotional regulation, equipping participants with practical tools to navigate challenges in both professional and personal contexts. By fostering psychological well-being and staff development, AASTMT reinforces its commitment to a healthy campus culture and contributes to the broader goals of sustainable development and quality education.



[Emotional Intelligence in Education](#) on AASTMT webpage

## Enhancing Workplace Productivity through Mental Health Awareness

On October 2024, the Arab Academy for Science, Technology and Maritime Transport organized a seminar titled “Improving Mental Health in the Workplace”, presented by Dr. Kamal El-Fawal, a consultant in psychiatry and neurological disorders. The session focused on the critical role of mental health in fostering workplace excellence and boosting institutional productivity.

The event was attended by distinguished figures, including Dr. Mahmoud El-Damaty and Dr. Mohamed Abu Suleiman. At the conclusion, the Institute’s Dean, Dr. Mohamed Hassan Abd Rabou, expressed his appreciation and gratitude to Dr. Kamal for his valuable contribution to this important discussion.



[Enhancing Workplace Productivity through Mental Health Awareness](#) on AASTMT webpage