3.3.5 Mental health support for students

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

clinic Medical Services Department - AASTMT

Programs & Awareness Workshops

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

https://aast.edu/en/student-affairs/elalamein/news-details.php?language=1&unit_id=656&news_id=486101322&event_type_id=11

Access to free support

3.3.5.1 Free psychological support at AASTMT Medical Services clinics

Date: Ongoing | **Campus / unit: [Alexandria-Cairo-Portsaid]**

The Medical Services Department runs on-campus clinics that give students free professional support for emotional, psychological and mental health concerns.

clinic Medical Services Department - AASTMT

Counselling and mental health staff at the Accessibility Center

Date: Ongoing | **Campus / unit:** Alexandria

The Accessibility Center in Alexandria includes counselling and mental health staff who work with welfare and disability advisers to support students with mental health difficulties.

https://aast.edu/en/centers/ac/contenttemp.php?page_id=99600016

Signposting to National Free Services

Date: Ongoing | **Campus / Unit:** All Campuses

AASTMT promotes student well-being by signposting students to free national mental health and addiction support services provided by the General Secretariat of Mental Health and Addiction Treatment (GSMHAT), including psychological counseling, psychiatric care, addiction treatment, and referral services.

Students are encouraged to access the national **24/7 Mental Health Support Hotline (16328)** for free psychological support, crisis intervention, and referral to specialized mental health services.

Beneficiaries: All AASTMT students across campuses.

clinic Medical Services Department - AASTMT

Active promotion of good mental health

"Take Care of Your Mental Health": World Mental Health Day workshop

Date: 10 October 2024 | Campus / Unit: Alamein Campus

As part of the World Mental Health Day activities, Student Affairs at the Alamein Campus organized the "Take Care of Your Mental Health" workshop to raise awareness of mental well-being among approximately 80 students. The workshop addressed the importance of mental health, stress management, emotional resilience, self-care practices, and seeking professional support when needed. Interactive discussions encouraged students to adopt healthy coping strategies and maintain a balanced lifestyle.

https://aast.edu/en/student-affairs/elalamein/news-details.php?language=1&unit_id=656&news_id=486101322&event_type_id=11

Psychological awareness workshop on depressive disorder

Date: 6 March 2024 | **Campus / unit:** Alamein

A workshop on the signs, risk factors and treatment of depression, with practical guidance on stress management, mindfulness and help-seeking.



https://www.aast.edu/en/news/news-details.php?language=1&unit_id=656&news_id=486102174&event_type_id=1