

SUSTAINABLE DEVELOPMENT GOALS

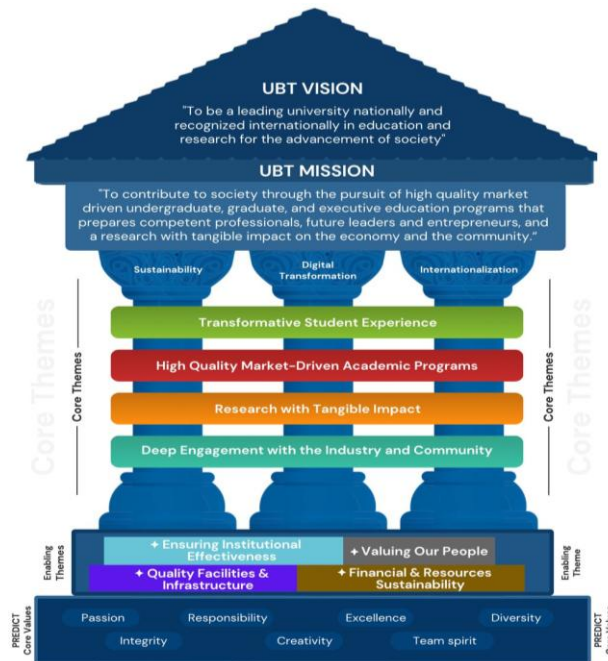


3.3.5 - Does your university as a body provide students with access to mental health support?

Yes

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The University of Business & Technology

The University of Business and Technology (UBT) is keenly focused on the well-being of the community and promoting good health, aligning its strategic goals with United Nations Sustainable Development Goal 3 (SDG 3) to ensure healthy lives and promote well-being for all ages. Additionally, UBT aims to foster sustainability by educating learners, faculty, staff, and the broader community about sustainable development. This involves addressing societal challenges, minimizing the environmental and social impact of campus operations, and empowering students and staff to prioritize sustainability.

UBT's commitment to deep engagement with industry and community reflects its mission to enhance human capital development and contribute to cultural, social, and economic well-being locally and internationally. By investing resources to understand industry needs and designing responsive executive programs, UBT aligns itself with Saudi Arabia's Vision 2030 while striving for meaningful partnerships that maximize economic and social impact.

Moreover, UBT actively promotes sustainability by raising awareness of the Sustainable Development Goals (SDGs) among its internal community, integrating Education for Sustainable Development (ESD) into its curriculum and practices, prioritizing sustainability within research areas, and engaging in community advocacy through awareness campaigns and vocational training. UBT is committed to embedding SDGs into its governance, culture, and operations

Mental Health:

UBT recognizes the critical importance of mental health awareness and is committed to fostering supportive environments for students and the community. By collaborating with medical students and local clinics, the university aims to integrate mental health education into broader health initiatives and create platforms for open dialogue. This involvement not only enriches the educational experience for UBT students but also reflects the university's commitment to community health and well-being.

On May 8, 2024, Ibn Sina College medical students, in collaboration with Motmaena Clinic, hosted an impactful awareness campaign titled "Don't be ashamed and seek consultation." This initiative aimed to highlight the significance of mental and psychological health, encouraging individuals to seek help without stigma or fear. The campaign focused on building healthy practices and fostering an environment where mental well-being is prioritized alongside physical health. By providing educational resources and facilitating discussions, the campaign sought to reduce the stigma associated with mental health issues and promote the importance of seeking professional consultation as a vital step toward enhancing overall well-being. Refer to evidence Mental health



In a continued effort to promote public health, UBT's Intellectual Awareness Unit, in collaboration with the General Directorate of Narcotics Control, organized a Drug Prevention and Awareness Symposium on April 24, 2024. This event focused on reinforcing community understanding of the dangers associated with drug use from various perspectives—security, social, psychological, and health. The symposium served as a crucial platform for disseminating information about prevention strategies, addiction recovery resources, and the societal impacts of drug abuse. For more details, refer to evidence Intellectual Unit Activities



These initiatives Awareness symposium reflect UBT's overarching commitment to enhancing mental and physical health within the community. By actively engaging in collaborative efforts and promoting educational initiatives, the university aims to reduce stigma, foster open discussions, and enhance public awareness regarding significant health issues, ultimately contributing to a healthier, more informed society.

Moreover, The University Educational Support Center offers a wide range of services, including counseling, academic advising, and crisis intervention, tailored to address the diverse needs of the university community. Furthermore, it collaborates with various departments and organizations to host workshops, seminars, and peer support groups that focus on stress management, resilience building, and healthy coping strategies. Through these initiatives, the University Support Center not only enhances individual well-being but also strengthens the overall health culture at UBT. Refer to evidence Educational Support Center.

Conclusion

In summary, UBT is deeply committed to promoting health and well-being across its community. Through a diverse array of initiatives, UBT has established itself as a proactive advocate for public health and social responsibility and by integrating sustainability-focused practices into its operations and educational programs, UBT not only addresses immediate community health needs but also empowers current and future generations to prioritize wellness and sustainability in their lives. Collectively, these efforts reflect UBT's enduring mission to contribute positively to society, ensuring that it plays a vital role in building a healthier, more inclusive, and resilient community for all.