



Al-Balqa Applied University



Access to Mental Health Support Services for Students and Staff at Al-Balqa Applied University

Al-Balqa Applied University (BAU) adopts a comprehensive and integrated approach to ensuring access to mental health support services for both students and staff, recognizing psychological well-being as a fundamental component of academic success and overall quality of life.

BAU provides dedicated psychological counseling services within its faculties, offering professional support to students in a confidential and safe environment that prioritizes privacy and well-being. These services include individual and group counseling, guidance for managing academic and personal challenges, and continuous emotional support. The counseling units play a vital role in the early identification of psychological concerns and facilitate appropriate referrals to specialized care when necessary, ensuring continuity and effectiveness of support.

In addition, the university strengthens access to mental health care through its Health Insurance Network, which covers both students and staff. This network includes accredited hospitals, government and private clinics, and specialized centers, as well as psychologists, psychiatrists, and mental health counselors. It enables access to a



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wide range of services, including consultations, therapy sessions, psychiatric evaluations, and treatment, ensuring affordability and accessibility.

BAU further enhances its institutional capacity through academic programs in psychology and counseling, contributing to both education and community service in the mental health field. These efforts are complemented by awareness campaigns, workshops, and training activities that promote mental health literacy, reduce stigma, and encourage early help-seeking behavior.

Supported by institutional policies that ensure safety, inclusion, and non-discrimination, BAU fosters a supportive and inclusive environment. Through this multi-dimensional approach combining service provision, insurance coverage, education, policy support, and community engagement the university contributes to promoting mental health and well-being (SDG 3 – Good Health and Well-being) and enhances students' academic success by addressing psychological barriers (SDG 4 – Quality Education).



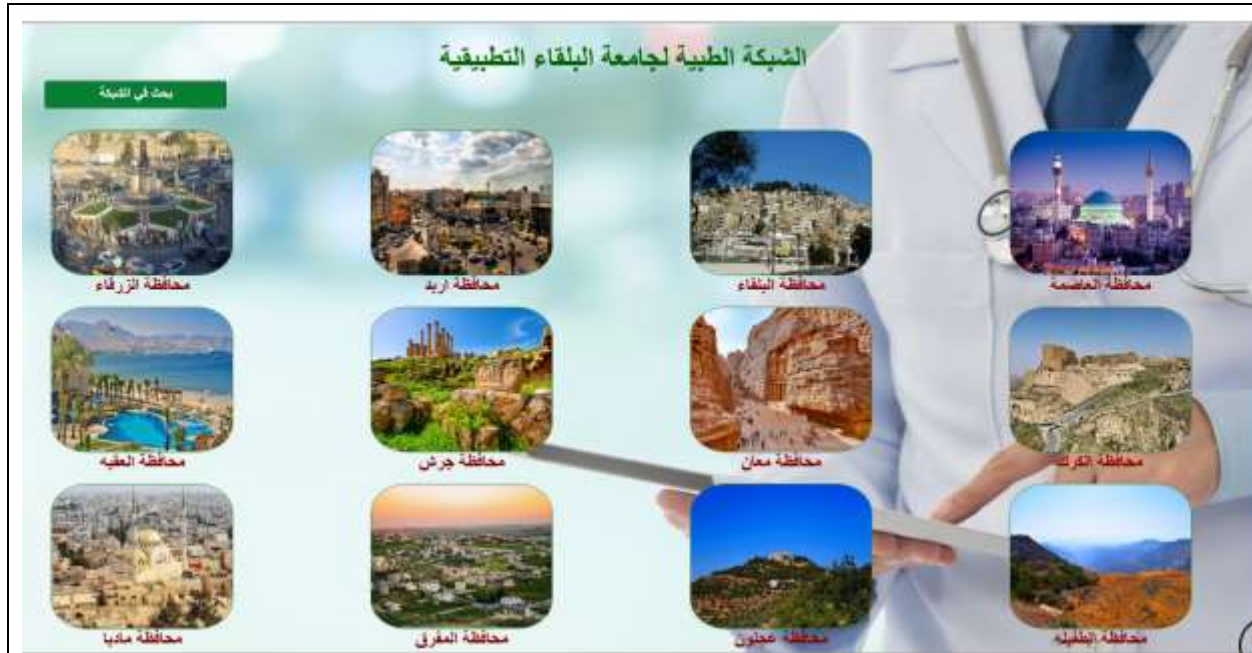
Policy and Strategic Alignment Supporting Mental Health Services at Al-Balqa Applied University

BAU supports mental health and psychological well-being through a set of institutional policies that ensure a safe, inclusive, and supportive environment for students and staff. These policies, as outlined in the official BAU sustainability policy framework, focus on well-being, non-discrimination, protection, and equal access to services, which collectively enable access to mental health.

BAU Policy / Framework (Official)	Related SDGs	Relevance to Mental Health Support (QS 3.3.1_d)
Student Safety and Well-Being Policy	SDG 3 – Good Health and Well-being	Directly supports student mental health by ensuring a safe and supportive environment and access to well-being services.
Anti-Harassment Policy	SDG 3; SDG 5 – Gender Equality	Protects individuals from psychological harm and promoting a safe environment essential for mental well-being.
Non-Discrimination Policy	SDG 10 – Reduced Inequalities	Ensure equal and inclusive access to mental health services without discrimination.
Non-Discrimination vs Women Policy	SDG 5; SDG 3	Supports psychological well-being by protecting women’s rights and ensuring equitable access to support services.
Protection Against Discrimination in Education and Employment Policy	SDG 10; SDG 3	Provides a secure and fair environment that supports psychological safety and well-being.



Psychological Counseling Services



BAU's Health Insurance Network

#	المحافظة	نوع الجهة	التخصص	اسم الجهة	معلومات الاتصال	العنوان	الموقع
1	محافظة العاصمة	عيادة طبية	أخصائي امراض نفسية	شباب لذي يوسف او ابلد	الهاتف: 0795779001 الارضي: 96 4948679 الفاكس: 06 4640676 البريد الالكتروني: drw2012@hotmail.com	منطقة العبداني - حي زيل الحسين - ذوق فراس بجانب صيدليه ابن سينا	
2	محافظة العاصمة	عيادة طبية	أخصائي امراض نفسية	سلمان احمد لولقيم بني سعديت	الهاتف: 079579611 الارضي: - الفاكس: - البريد الالكتروني: -	عمان ابو نصر مجمع معدي فرقيش الطابق الثالث	
3	محافظة العاصمة	عيادة طبية	أخصائي امراض نفسية	انثى لامل عكسي	الهاتف: 077733588 الارضي: - الفاكس: - البريد الالكتروني: -	عمان شارع المدينة المنورة مجمع عمر عوده العساف بجانب سنارو سوبر ماركت	

Psychiatrist Clinics



Psychological Counseling Services _ On Campus

BAU provides dedicated psychological counseling services through the faculties, offering professional support to students within a confidential and supportive environment that prioritizes their well-being and privacy. These services include individual and group counseling, guidance for managing academic and personal challenges, and continuous support for emotional and psychological well-being. The unit also plays a key role in the early identification of psychological concerns and facilitates appropriate referrals when needed, ensuring continuity of care and access to specialized support. Through this integrated approach, the university contributes to promoting mental health and well-being (SDG 3 – Good Health and Well-being), enhances students’ academic success by addressing psychological barriers (SDG 4 – Quality Education).

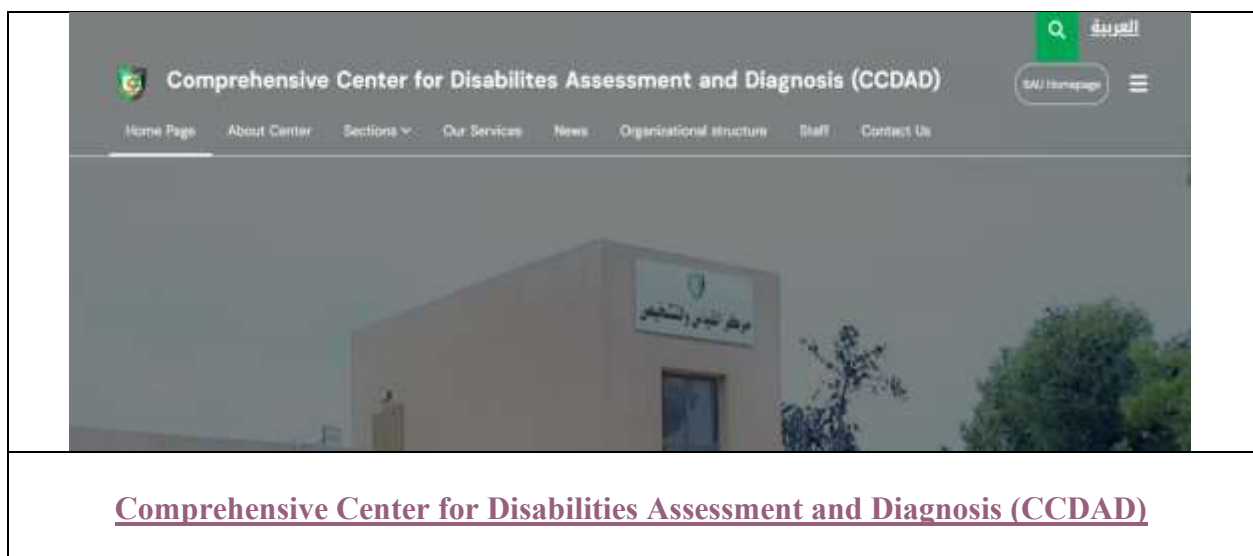


Counseling and Psychological Services Office



Student Guidance and Counseling Services Supporting Mental Health and Well-being at Al-Balqa Applied University

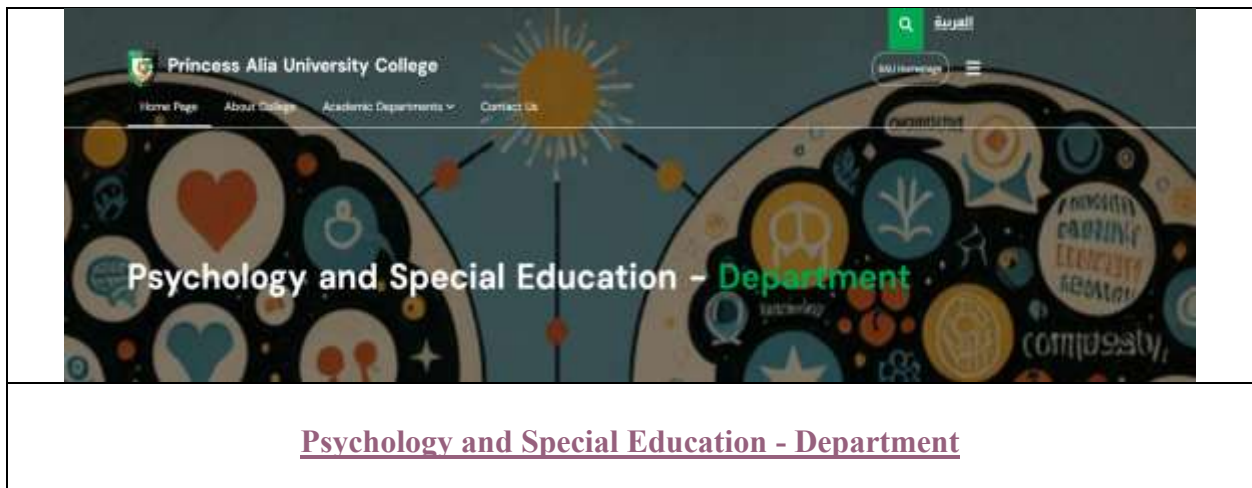
BAU ensures access to mental health support services for both students and staff through an integrated system that combines professional psychological counseling, academic guidance, and institutional support services, it provides confidential counseling through specialized units, offering individual and group sessions that address academic pressures, personal challenges, and emotional well-being, while also enabling early identification of psychological concerns and appropriate referral to specialized care when needed. These services are complemented by guidance and advisory programs that support individuals throughout their academic and professional journeys, fostering a supportive and inclusive campus environment.





Psychology and Counseling Academic Programs Supporting Mental Health Education and Community Services at Al-Balqa Applied University

BAU strengthens mental health support through its academic programs in psychology, counseling, and special education, offered at Princess Alia University College, which aims to prepare qualified professionals capable of addressing psychological, educational, and social challenges within the community. These programs provide students with both theoretical knowledge and practical skills in psychological counseling, mental health assessment, and behavioral support, while also contributing to community services through awareness activities, workshops, and family guidance initiatives. The department emphasizes responding to societal needs by training graduates to support individuals, families, and vulnerable groups, including children with special needs, thereby extending mental health services beyond the university setting.



[Psychology and Special Education - Department](#)



Al-Balqa Applied University



The screenshot shows the website for Al-Balqa Applied University (BAU). The header includes the university's name and a 'University Home' button. A green navigation bar contains links for Home, About Faculty, Academic Departments, Curricula, Facilities, Administrative staff, Students Portal, and Contact Us. The main content area features the university's logo and the text 'كلية الأميرة عالية الجامعة' (College of Princess Ayla University). Below this is the title 'بكالوريوس الارشاد النفسي والتربوي' (Bachelor of Psychological Counseling) and the subtitle 'خطة الارشاد النفسي والتربوي 2022/2021'. A button for 'المعلومات العامة' (General Information) is visible, along with a note 'عدد ساعات الخطة: 132 ساعة' (Total hours of the plan: 132 hours).

[Bachelor of Psychological Counseling](#)

Mental Health Awareness and Educational Initiatives at Al-Balqa Applied University

Al-Balqa Applied University promotes mental health awareness through a range of educational initiatives and community-oriented activities designed to enhance psychological well-being and reduce stigma associated with mental health challenges. These initiatives include workshops, awareness sessions, and guidance programs that address stress management, emotional resilience, and coping strategies, delivered to both students and the wider community. The university also integrates mental health awareness within its academic and advisory frameworks,



ensuring that individuals are equipped with the knowledge and skills needed to maintain psychological well-being and seek support when needed.

The following examples illustrate a sample of initiatives conducted by Al-Balqa Applied University to advance mental health awareness, education, and support services within the university and the wider community.



Princess Rahma University College Organizes a Scientific Seminar on the Occasion of World Mental Health Day at Al-Balqa Applied University

Al-Balqa Applied University organized a scientific seminar on mental health awareness, addressing topics such as stigma reduction, psychological well-being, and prevention strategies. The initiative supports access to mental health education by promoting awareness, encouraging open dialogue, and fostering early understanding of psychological challenges within the university community.



Princess Rahma University College Students Visit the National Center for Mental Health Hospital at Al-Balqa Applied University

Al-Balqa Applied University organized a field visit for psychology students to the National Center for Mental Health Hospital, providing practical training and exposure to real clinical settings. The activity included specialized lectures and hands-on training in psychological assessment tools, enhancing students' understanding of mental health conditions and strengthening their ability to support psychological care, thereby contributing to improved access to mental health knowledge and services.



Volunteer Day by Princess Rahma University College Students at the National Center for Mental Health – Al-Balqa Applied University

Al-Balqa Applied University organized a volunteer day for psychology students at the National Center for Mental Health, where students engaged in community support activities and provided psychosocial interaction with patients. The initiative contributed to enhancing students' practical skills while supporting patients' psychological well-being, reflecting BAU's role in promoting mental health support through community engagement and experiential learning.