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## 3.3.7: Mental health support for staff

### The Department of Life Sciences Organizes an Awareness Campaign on “Mental Health and Combating Anxiety and Depression.”

The Department of Life Sciences organized an awareness campaign entitled “Mental Health and Combating Anxiety and Depression,” under the supervision of Assist. Lecturer Duha Salah Sahib. The campaign aimed to raise students’ awareness of mental health, highlight ways to prevent anxiety and depression, and provide practical guidance on managing stress and promoting psychological well-being.

The campaign witnessed positive engagement from students and included the distribution of educational materials to encourage healthy coping strategies and create a safe, supportive university environment.

**Link:** https://uomus.edu.iq/College/Details/99415



## Women's Mental Health and Its Relationship to Positive Performance

**In line with the Sustainable Development Goals, particularly Goal 3: Good Health and Well-being, the Department of Renal Dialysis Techniques at the College of Health and Medical Technologies, Al-Mustaqbal University, organized an awareness campaign entitled "Women's Mental Health and Its Relationship to Positive Performance."**

**The campaign was conducted on April 17, 2025, by Ms. Tabarak Ahmed Turki Al-Azzawi, in cooperation with the Women's Affairs Division at Al-Mustaqbal University.**

**The campaign included distributing awareness brochures highlighting the importance of women's mental health and its positive impact on individual performance, family stability, and community well-being. It also emphasized that psychological well-being is a key factor in promoting positive performance and building a healthier society.**

Link : https://uomus.edu.iq/College/Details/85673



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## The College of Medicine Participates in the 4th International Al-Mustaqbal Sustainability Week with a Scientific Seminar on Mental Health in the Digital Age.

As part of the first day of the 4th International Al-Mustaqbal Sustainability Week, the College of Medicine at Al-Mustaqbal University organized a specialized scientific seminar entitled **"Mental Health in the Digital Age."**

The seminar was held under the patronage of the University President, Prof. Dr. Hassan Shaker Majdi, and attended by the Dean of the College, Prof. Dr. Walaa Luay Al-Falluji, along with a distinguished group of academics, physicians, and researchers.

The seminar was delivered by Assist. Prof. Dr. Alaa Baqir, who discussed the psychological and neurological effects of excessive digital technology use, including reduced concentration, digital burnout, and anxiety associated with virtual environments. It also highlighted preventive strategies to protect the mental health of adolescents and young adults.

The event emphasized that sustainable development requires both physical and mental well-being, highlighting the importance of responsible technology use and raising awareness of its potential effects on human health.

The Dean stressed that the College's participation reflects its commitment to promoting health awareness, supporting scientific dialogue, and contributing to a healthier and more sustainable society.

Link: https://uomus.edu.iq/College/Details/111723

