



Times Higher Education
**Sustainability
Impact Ratings**

Impact Ranking 2025

University: Al-Mustaqbal University

Country: Iraq

Web Address: <https://uomus.edu.iq/en/default.aspx>

SDG

3

**Good Health and
Well-being**





3.3.7: Mental health support for staff

Mental Health Support Services for Staff

The University provides a comprehensive mental health support system for its staff members, ensuring access to confidential psychological consultations and counseling services. These services are specifically designed to address a wide range of mental health challenges, including work-related stress, anxiety, depression, burnout, and other emotional difficulties that may affect professional performance and personal well-being.

Staff members can participate in individual or group counseling sessions led by trained mental health professionals. These sessions emphasize the development of effective coping strategies, stress management techniques, and emotional resilience. Additionally, the program promotes awareness of early signs of mental health disorders and encourages proactive intervention.

By implementing this initiative, the University not only prioritizes the well-being of its employees but also fosters a healthy workplace culture, improves productivity, and strengthens organizational loyalty. These efforts directly contribute to achieving Sustainable Development Goal 3 (Good Health & Well-Being) by promoting mental health, reducing the stigma associated with psychological issues, and creating an environment that supports both personal and professional growth.

Link: <https://uomus.edu.iq/mentalhealth.aspx>





2. Mental Health Support for Staff – Sustainability Report

According to the University's sustainability report, a structured mental health program for staff has been established as part of its commitment to good health and well-being. The program includes targeted workshops, training sessions, and awareness campaigns aimed at enhancing psychological resilience, improving emotional intelligence, and equipping staff with practical skills for stress management and conflict resolution.

The report emphasizes that the University seeks to integrate mental health support into the institutional culture, ensuring that staff members have continuous access to resources that improve mental and emotional health. In addition to counseling services, the program encourages peer support



networks, mindfulness exercises, and professional development opportunities that contribute to overall psychological well-being.

By embedding these initiatives into the organizational framework, the University creates a supportive environment that enables staff to maintain high levels of performance while safeguarding their mental health. This approach aligns with SDG 3 by fostering a productive, balanced, and resilient workforce, ultimately enhancing the quality of education and services provided by the institution.

Link: <https://uomus.edu.iq/sustainability/suspdf/Project1.pdf>



The Psychological Guidance and Educational Counseling Division in the Department of Biochemistry organized an awareness workshop on “People of Determination: How to Engage with Them and Guide Their Skills” as part of the activities of AL_Mustaqbal University Sustainability Week.

Under the collaboration of the Psychological Guidance and Educational Counseling Division, the College of Science – Department of Biochemistry



conducted this awareness workshop, supervised by the Head of the Biochemistry Department, Prof. Dr. Nasser Abdul Hassan Nasser.

The workshop aimed to raise participants' awareness about people of determination, equipping them with the knowledge and skills needed to interact positively and supportively. It also highlighted the importance of discovering their abilities and talents and fostering them in a way that contributes to their effective integration into society, empowers their self-reliance, and helps them achieve their aspirations.

Sustainable Development and the Workshop's Role in Achieving It

Objective 1:

Support Goal 4 (Quality Education) by raising participants' awareness on how to provide an inclusive educational environment that accommodates the needs of people of determination and promotes their learning and development.

Objective 2:

Support Goal 8 (Decent Work and Economic Growth) by guiding the skills of people of determination according to their abilities and offering training and qualification opportunities that open doors for productive employment.

Objective 3:

Support Goal 10 (Reduced Inequalities) by promoting a culture of respect for diversity and equal opportunity, and combating stereotypes about people of determination.

Objective 4:

Support Goal 16 (Peace, Justice, and Strong Institutions) by enhancing human values, tolerance, and fairness within the educational and institutional community toward people of determination.

Objective 5:



The Psychological Guidance and Educational Counseling Unit in the Department of Biochemistry organized an educational awareness workshop titled “Health Awareness: A Pillar for Sustainable Development” as part of the activities of AL_Mustaqbal University Sustainability Week.

Under the collaboration of the Psychological Guidance and Educational Counseling Division, the College of Science – Department of Biochemistry conducted this workshop, supervised by:

- Asst. Prof. Dr. Furat Hamza Al-Sultani
- Head of the Biochemistry Department, Dr. Nasser Abdul Hassan Nasser
- Coordinator of the Committee, Asst. Prof. Dr. Aseel Amer Hadi
- Committee Members: Asst. Prof. Dr. Karar Majid Ubaid and Ms. Hawraa Ali Tayar

The workshop aimed to raise community awareness about the importance of health consciousness as a fundamental element in achieving sustainable development. It focused on promoting healthy behaviors, spreading a culture of prevention, and supporting both physical and mental health, thereby contributing to building an informed society capable of achieving a better future.



“Health Awareness: A Pillar for Sustainable Development” contributes to achieving several Sustainable Development Goals (SDGs), most notably:

1. Goal 3: Good Health and Well-being
2. Goal 4: Quality Education – through health awareness and education initiatives.
3. Goal 6: Clean Water and Sanitation – if the workshop includes personal hygiene and environmental health awareness.
4. Goal 17: Partnerships for the Goals – if the workshop is conducted in collaboration between educational and health institutions.

Through this workshop, AL_Mustaqbal University seeks to instill a comprehensive health culture among students, develop their understanding of the role of health awareness in improving quality of life, and empower them to adopt healthy lifestyles that contribute to building an informed and productive academic community supporting the Sustainable Development Goals.

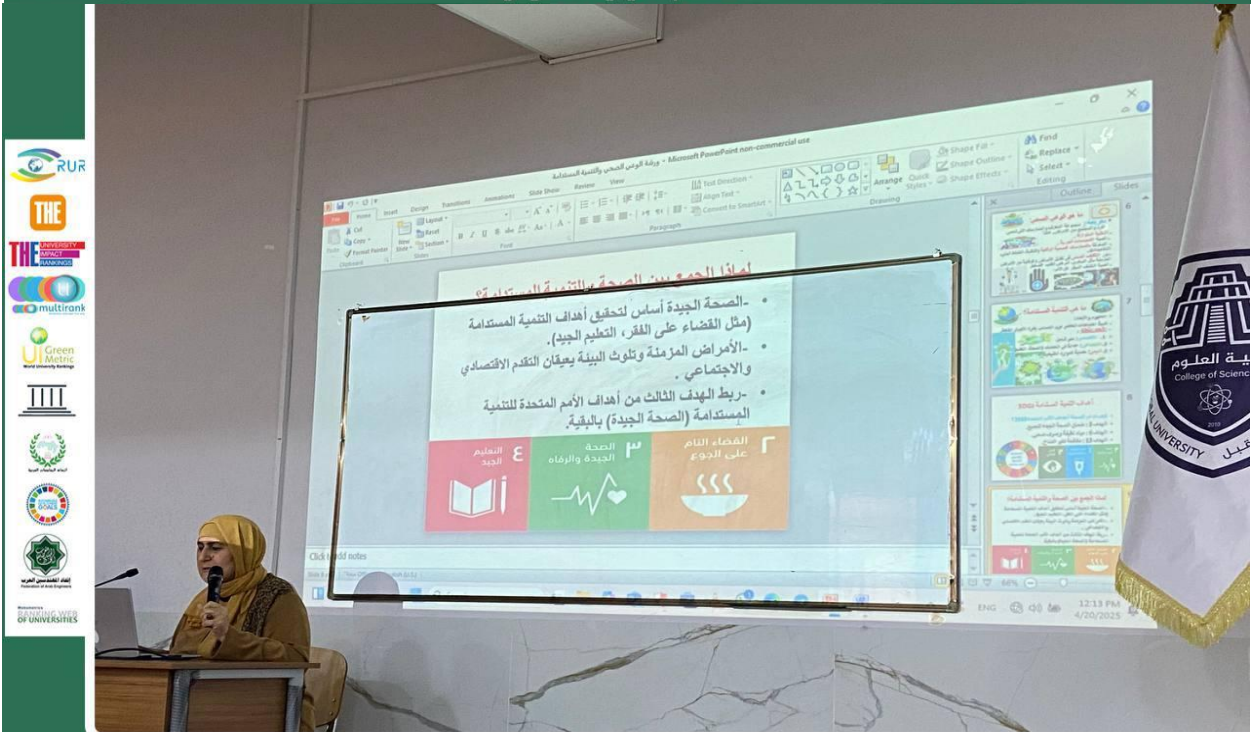
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