



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**





### **3.3.5: Mental health support for students**

#### **Protect Your Mental Health: The Impact of Smart Devices on Students**

Organized by Al-Mustaqbal University, this comprehensive awareness campaign focused on exploring the relationship between smart device usage and student mental health. Aimed primarily at undergraduate students, the initiative sought to shed light on the psychological and academic impacts of excessive reliance on digital technology. Through a series of interactive educational sessions, the campaign addressed issues such as anxiety, sleep disturbances, digital addiction, and the decline in concentration and academic performance associated with overuse of smart devices.

Participants were provided with evidence-based strategies for maintaining digital balance, including time management techniques, stress reduction methods, and mindfulness-based practices designed to promote mental clarity and emotional regulation. The campaign also emphasized the importance of establishing healthy lifestyle routines and nurturing real-world social interactions as part of sustaining overall psychological well-being.

Aligned with Sustainable Development Goal 3 (Good Health and Well-Being), this initiative contributed significantly to fostering psychological resilience among students. It highlighted the university's commitment to preventive mental health education, encouraging responsible digital engagement, and cultivating a supportive academic environment that prioritizes both mental wellness and academic success.

**Link:** <https://uomus.edu.iq/En/NewColl.aspx?colid=24&newid=65713>



## كلية العلوم جامعة المستقبل



تقييم كلية العلوم قسم علوم الحياة ندوة علمية بعنوان  
التفكير العلمي وصناعة الذات



تحقيقا للهدف الرابع (التعليم الجيد) الهدف الثامن (العمل اللائق ونمو الاقتصاد) الهدف التاسع (الصناعة والابتكار والهياكل الاساسية) - الهدف السادس عشر (السلام والعدل والمؤسسات القوية)



يتفضل بألقائها كل من :

1- أ.م.د. ضرغام علي عباس

2- م.م. زهراء جواد كاظم

3- المدرس علاء ياسين حسن

الاربعاء المصادف 29/1/2025 الساعة 12:30 مساء





## **Mental Health and Fine Arts Workshop**

Organized by Al-Mustaqbal University, this insightful workshop explored the vital intersection between mental health and creative expression, emphasizing the role of art as a therapeutic and educational tool within the academic environment. The session engaged students in a series of interactive, art-based exercises aimed at enhancing self-awareness, managing stress, and fostering emotional balance. Participants were encouraged to express their thoughts and feelings through visual and creative mediums, allowing them to channel stress into productive and emotionally restorative activities.

Led by qualified facilitators, the workshop highlighted the scientifically supported psychological benefits of creative engagement, particularly its effectiveness in reducing symptoms of anxiety and depression, improving mood regulation, and strengthening emotional intelligence. It provided



students with practical, non-clinical coping strategies that can be integrated into their daily lives to promote long-term mental well-being.

In alignment with Sustainable Development Goal 3 (Good Health and Well-Being), this initiative reflected the university's commitment to holistic mental health promotion. By merging creativity with psychological awareness, the workshop contributed to the development of a supportive, inclusive, and health-conscious academic culture that prioritizes emotional wellness alongside intellectual growth.

**Link:** <https://eng.uomus.edu.iq/EN/NewColl.aspx?colid=31&newid=67607>





Times Higher Education  
**Sustainability  
Impact Ratings**

            

[www.uomus.edu.iq](http://www.uomus.edu.iq)  
6163

الأولى على الجامعات الأهلية  
كلية التربية  
قسم العلوم التربوية والنفسية

جامعة المستقبل  
AL-MUSTAQBAL UNIVERSITY

          

[www.uomus.edu.iq](http://www.uomus.edu.iq)  
6163

الأولى على الجامعات الأهلية  
كلية التربية  
قسم العلوم التربوية والنفسية

جامعة المستقبل  
AL-MUSTAQBAL UNIVERSITY



## **Access to Mental Health Support – University Mental Health Clinic**

Al-Mustaqbal University has established an on-campus Mental Health Clinic dedicated to providing comprehensive psychological support services for students. The clinic offers confidential consultations, individual and group therapy sessions, and professional referrals, addressing a wide range of psychological concerns including stress, anxiety, depression, post-traumatic stress disorder (PTSD), and boundary-related challenges. By ensuring a safe and private environment, the clinic enables students to seek help without fear of stigma or discrimination, fostering a culture of openness and empathy within the university community.

In addition to clinical services, the initiative actively organizes awareness campaigns, workshops, and educational sessions designed to destigmatize mental health issues and promote emotional literacy among students and staff. These activities focus on early intervention, coping strategies, and resilience-building to enhance both personal well-being and academic productivity.

Aligned with Sustainable Development Goal 3 (Good Health and Well-Being), this integrated mental health support framework reflects Al-Mustaqbal University's commitment to creating a healthy, inclusive, and supportive learning environment. By combining professional care with preventive education, the clinic plays a pivotal role in improving psychological well-being, strengthening student performance, and advancing the university's broader vision of sustainable human development.

**Link:** <https://uomus.edu.iq/Sustainability/G3DETILS.aspx>



## Communication Skills and Mental Health Workshop

Organized by Al-Mustaqbal University, this specialized training workshop focused on the crucial role of effective communication skills in promoting and maintaining student mental health. The program was designed to enhance students' interpersonal competencies by emphasizing the importance of active listening, empathy, and constructive conflict resolution. Through an engaging blend of theoretical instruction and practical exercises, participants developed the ability to navigate social and academic interactions more

effectively, reducing stress and fostering healthier relationships within the university environment.

The workshop also introduced evidence-based techniques for emotional regulation and positive coping, encouraging participants to apply these skills in managing everyday challenges and maintaining psychological balance. By strengthening communication as a key component of emotional intelligence, the training contributed to building resilience, improving teamwork, and enhancing overall well-being among students.

In alignment with Sustainable Development Goal 3 (Good Health and Well-Being), this initiative reflected Al-Mustaqbal University's ongoing commitment to holistic student development. It underscored the university's dedication to integrating mental health education with essential life skills, thereby cultivating a supportive and empathetic academic culture that prioritizes both mental and social wellness.

**Link:**

<https://uomus.edu.iq/Units/Training%20And%20Workshop.aspx?UnitID=17>





 [www.uomus.edu.iq](http://www.uomus.edu.iq)  
 6163

الأولى على الجامعات الأهلية  
شعبة الإرشاد النفسي والتوجيه التربوي  
PSYCHOLOGICAL COUNSELING AND  
EDUCATIONAL GUIDANCE DIVISION

جامعة المستقبل  
AL-MUSTAQBAL UNIVERSITY 