

3.3 Collaborations and health services

3.3.5 – Evidence that CU provides students with access to mental health support

Cairo University provides students with access to mental health support through dedicated on-campus services through:

- **A Psychological Counseling and Advice Unit/Center:** The university established a specific unit to offer psychological counseling and advice to all students, aiming to help them develop coping skills, enhance their resilience, and address concerns such as stress, anxiety, depression, and relationship issues.
- **Confidentiality and Professional Staff:** These services are offered confidentially by specialists and professional staff trained in counseling skills and cognitive therapy.
- **Outreach and Awareness:** The center engages in community wellness efforts, including seminars, lectures, and workshops to raise mental health awareness among students.
- **Integration with Academic Programs:** The university's Psychiatric/Mental Health Nursing Department and Psychological Guidance Center also contribute to mental health education and service, ensuring a campus-wide approach to well-being.

Students can typically access these services through directly contacting the counseling center/unit.

Serial	Year	Currently available services	Link
1	Permanent	A Psychological Counseling and Advice Unit/Center	https://cu.edu.eg/ar/page.php?pg=contentFront/SubSectionData.php&SubSectionId=794
2	Periodic	Outreach and Awareness	https://cu.edu.eg/userfiles/Report2.pdf
3	Annually	Reporting the Psychological Counseling and Advice Unit activities	https://www.facebook.com/cu.edu.eg/photos/%D8%A5%D9%86%D9%81%D9%88%D8%AC%D8%B1%D8%A7%D9%81-%D9%8A%D9%88%D8%B6%D8%AD-%D9%86%D8%B4%D8%A7%D8%B7-%D9%85%D8%B1%D9%83%D8%B2-%D8%A7%D9%84%D8%AF%D8%B9%D9%85-%D8%A7%D9%84%D9%86%D9%81%D8%B3%D9%8A-%D9%88%D8%A5%D8%B9%D8%A7%D8%AF%D8%A9-%D8%A8%D9%86%D8%A7%D8%A1-%D8%A7%D9%84%D8%B0%D8%A7%D8%AA-%D8%AC%D8%A7%D9%85%D8%B9%D8%A9-%D8%A7%D9%84%D9%82%D8%A7%D9%87%D8%B1%D8%A9-%D9%88%D9%87%D9%88-

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4	Permanent	Integration with Academic Programs	https://youtu.be/L4G6uBDq2BU