



Jun 10, 2025

A Workshop to Promote Mental Health Awareness and Self-Support Skills

The Deanship of Student Affairs at the Al Ain campus, in collaboration with the Psychological and Social Counselling Office, organized a workshop titled "Psychological Counselling," aimed

at introducing students to the fundamentals of psychological counselling, raising their awareness of the importance of mental health, and equipping them with essential self-support skills.

The workshop covered a range of key topics, including active listening techniques and methods for coping with psychological stress. It was distinguished by its interactive atmosphere and meaningful group discussions.

The workshop witnessed strong engagement from students, who expressed their appreciation for the content and presentation style, affirming the value of the information and skills they gained.

Such initiatives play a vital role in enhancing students' psychological awareness, fostering a healthy and supportive university environment, and empowering them to face academic and life challenges with confidence and insight.

[Press Release Link](#)