



University : Al-Mustaqbal University
Country : Iraq
Web Address : <https://uomus.edu.iq/en/default.aspx>

3.3: collaboration and health services

3.3.5: Does your university as a body provide students and staff with access to mental health support?

Due to the stress that a normal person suffers from in normal day life, the University has put a great deal of concern to the mental fitness and health of its staff and students. Through [the University's mental health clinic](#), it provides therapy, consultancy, and advice to whoever requires any help. The mental health clinic at the University is open from 8:30 AM to 15:00 PM (Saturday – Thursday) of every week. In addition to the clinic, several workshops and campaigns have been focused on the issue of mental health such anxiety, borderline disorders, and PTSD.



Mental Health Section in Al-Mustaqbal University

Programmes to raise the awareness of mental health for students and staff:

- 1- To mitigate negative phenomena in society, Al-Mustaqbal University organized an "Educational Seminar on the Issues of Drug Abuse and Electronic Extortion Crimes" under the patronage of the Dean of Al-Mustaqbal University. The Counselling and Educational Guidance Unit, in collaboration with the Federal Intelligence and Investigation Agency, the Directorate of Drug and Psychotropic Substances Affairs in Babil Governorate, held a counselling seminar on drug abuse and electronic extortion crimes. The seminar featured presentations by Professor Dr. Hussein Wahid Al-Kaabi, Colonel Haider Khalf Mohsen, and Mr. Ahmed Jasib.

The seminar addressed the health risks associated with drug abuse and its impact on the nervous system and the body in general. It highlighted its short-term and long-term effects and discussed the methods and techniques used by those who promote these harmful substances. The seminar emphasized that prevention is better than treatment, despite the availability of therapeutic measures for those involved in this aspect.

One of the most important recommendations arising from the seminar is the necessity of enacting strict laws to punish the perpetrators of these crimes. It also emphasized the role of families in proper social upbringing, the importance of addressing unemployment, and creating job opportunities for young people, among other recommendations.



Educational seminar on The Issues of Drug Abuse and Electronic Extortion Crimes



2. The Computer Engineering Department at Al-Mustaqbal University organized a scientific seminar with the title "The Effects of Drugs and Psychoactive Substances on Society". The seminar took place in the college's conference hall on Wednesday, December 21, 2022. The seminar was presented by Mr. Ahmed Adnan Hadi, a lecturer in the Computer Engineering Department, in collaboration with the Directorate of Drugs and Psychotropic Substances in Babil. It was attended by several prominent figures from the directorate, as well as respected professors and students from the Computer Engineering Department. The seminar aimed to address the third goal of sustainable development, which is promoting good health and well-being. It discussed various social and cultural factors contributing to the issue in the Arab region and Iraq. The seminar also included a panel discussion to answer questions and engage in a dialogue about general approaches to mitigate this phenomenon.



Seminar on The Effects of Drugs and Psychoactive Substances on Society