



**MANIPAL**  
ACADEMY of HIGHER EDUCATION  
DUBAI CAMPUS  
*(Institution of Eminence Deemed to be University)*



# STUDENT WELLBEING POLICY

Authored by

Manipal Academy of Higher Education, Dubai

**The MAHE Dubai Wellness Hub** was initiated with a vision to help you embark on a continual journey toward physical, intellectual, social, emotional, and professional wellbeing. The main activities of the Hub include counselling services, promoting positive, healthy lifestyle choices through awareness programs and community outreach events.

## Aim

With a special focus on Mental Health, MAHE Dubai Wellness Hub aims to:

- Foster an environment that supports and advances community wellbeing.
- Encourage help-seeking behaviours when psychological, social and cognitive impediments occur.
- Facilitate opportunities of self-discovery and growth
- Cultivate a culture of compassion in the campus.

## Mental Health Services

MAHE Dubai offers professional and confidential mental health advice and support through our Mental Health Support groups.

### Mental Health First Aid

A Mental Health First Aider in an organization is the go-to person for anyone who is going through some form of mental health issue. He/she is trained to respond with skill to people experiencing mental and emotional challenges and facilitate appropriate action.

#### 1. Booking an appointment?

- Students may send an email at [wellnesshub@manipaldubai.com](mailto:wellnesshub@manipaldubai.com) or WhatsApp message on +971-565498321 to make an appointment.
- The coordinator will assign the student to an available in-house or visiting counsellors.
- Follow-ups will be decided by the counselee and counsellor on mutually convenient dates and timings.

#### 2. Concerns addressed:

- Stress and anxiety
- Frequent and Intense Mood Swings
- Loneliness and Isolation
- Concentration Issues
- Persistent Feelings of Guilt, Shame or Fear
- Inability to Experience Positive Emotions
- Thoughts of Self Harm/Injury
- Uncertainty about the future

### 3. Help provided:

A Mental Health First Aider will:

- Approach, Accesses and Assist with any Crisis.
- Listen non-judgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

#### Counselling

Once you have visited a Mental Health First Aider, you may be advised to attend counselling sessions, if further assistance is required.

#### Referral services

- If the student is having a psychological concern other than the competency and scope of practice outside our counsellors (e.g. active suicidal ideas or significant impairment in sleep or appetite etc.), he or she will be referred to appropriate mental health professional outside the campus.
- Support with the referral process and the transitions to another professional counsellor will be provided by MWH.

#### Peer Support Group

MWH has initiated a student body which is dedicated to raise awareness and promote the importance of emotional and mental wellbeing on campus.

The Peer Support Group promote and support mental health in ways including:

- Mental Health Campaigns
- Outreach events pertaining to mental health and wellness.
- Help identify students at risk and reach out to Mental Health First Aiders

If you are interested to be a part of the Peer Support Group, please write to [wellnesshub@manipaldubai.com](mailto:wellnesshub@manipaldubai.com)

#### Training and Education


- Workshops/ Webinars  
MWH will be organizing webinars on mental and physical wellbeing on a regular basis. These are voluntary sessions, but students and faculty are encouraged to attend these sessions.
- Self-help Resources  
Self-help resource handouts on various topics commonly discussed in counselling and mental health support will be made available to the students through various platforms.

## Confidentiality

- All information shared in the sessions will be kept confidential.
- Written records of the sessions will be maintained, and the relevant documents will be accessible only to the concerned counsellor.
- Disclosure of confidential information will be done when there is a legal obligation to disclose, or under circumstances in which the student is a threat to himself/herself or to others.
- Team discussions on case management, when necessary, will be held by the counsellors, ensuring the anonymity of the case.

*Policy Effective Date: 1<sup>st</sup> May 2020*

*Policy Amendment Date: Reviewed Annually*

  
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