



University : Northern Technical University  
Country : Iraq  
Web Address : <https://www.ntu.edu.iq>

### **3.3 Collaborations and health services**

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

##### **Mental Health Support Initiatives at Northern Technical University**

**Northern Technical University recognizes the significant stress that students and staff may face in their daily lives. The university is dedicated to promoting mental fitness and well-being within its community. To support this commitment, it has established a comprehensive mental health clinic that offers guidance and services to all members of the Northern Technical University family. Additionally, the Psychological Support and Educational Counseling Department plays a vital role in providing support, particularly for students.**

##### **Mental Health Clinic Offerings**

**Therapy and Counseling:** The university's mental health clinic offers individual and group therapy sessions led by qualified mental health professionals. These services are available to help address a variety of concerns, including stress, anxiety, depression and other mental health issues.

**Counseling and Advice:** Our trained counselors are available to provide counseling and advice on mental health topics, helping students and staff overcome challenges and access appropriate resources.

**Hours of Operation:** The mental health clinic is open from 8:30 a.m. to 3:00 p.m., Sunday through Thursday, ensuring accessibility for those who need support.

##### **Workshops and Awareness Campaigns**

In addition to clinical services, Northern Technical University runs a range of workshops and campaigns aimed at raising awareness of mental health issues and promoting well-being among students and staff. These initiatives include:

**Educational Workshops:** Regular workshops focus on a variety of mental health topics, including managing anxiety, understanding borderline personality disorder, and coping strategies for post-traumatic stress disorder. These workshops are designed to educate our community and provide practical tools for managing mental health challenges.

**Awareness Campaigns:** The university runs awareness campaigns to normalize conversations about mental health and emphasize the importance of seeking help. These campaigns feature guest speakers, informational resources, and activities designed to foster a supportive environment.

Peer Support Programs: Northern Technical University encourages peer support initiatives where trained student volunteers provide guidance and share resources with their classmates, fostering a sense of community and reducing stigma around mental health issues.

### **Commitment to Well-Being**

Northern Technical University believes that mental health is a vital component of overall well-being. By providing accessible mental health services, educational programmes and raising awareness, Northern Technical University aims to create a supportive environment where all students and staff feel empowered to seek help and prioritise their mental health.

### **Initiatives to increase awareness of mental health among students and staff:**

- ❖ In order to address negative social issues, the Northern Technical University organized an educational seminar focusing on drug abuse crimes and electronic blackmail, under the patronage of Professor Dr. Alia Abbas Ali Al-Attar, President of the University. The seminar was hosted by the Educational Guidance and Counseling Unit in cooperation with the Federal Intelligence and Investigation Agency and the Directorate of Narcotics and Psychotropic Substances Affairs in Mosul Governorate.

The event highlighted the health risks associated with drug abuse, especially its effects on the nervous system and physical health in general. The seminar also covered the short- and long-term consequences of drug abuse and discussed the tactics used by those who promote these harmful substances.

The seminar emphasized the importance of prevention over treatment, despite the availability of treatment options for those affected. Key recommendations from the seminar included the need for stricter laws to punish perpetrators of these crimes, the vital role of the family in promoting healthy social development, and the need to address unemployment by creating job opportunities for young people, among other suggestions.



- ❖ Under the patronage and attendance of the President of the Northern Technical University, Prof. Dr. Alia Abbas Ali Al-Attar, and the Assistant President of the University for Scientific Affairs, Assistant Professor Dr. Omar Rafeh Mahmoud, the Northern Technical University launches, in conjunction with the establishment of the Department of Cybersecurity Engineering and Cloud Computing Technologies, the Iraqi National Cybersecurity Awareness Program initiative to be the first building block and the first event of its kind in Iraq that is concerned with awareness towards a secure cyberspace. Thus, an unprecedented achievement is added at the level of Iraqi universities and institutions concerned with cybersecurity. The program activities began on its first day, in the presence of the Dean of the Mosul Engineering Technical College, the Dean of the Mosul Administrative Technical College, and the Dean of the Mosul Technical Institute, by playing the national anthem, then the university anthem, followed by a speech by the President of the University on this occasion, followed by a speech by one of the students accepted into the department with high grades about the reasons for applying to the aforementioned department, followed by a lecture by Colonel Abdullah, Director of Community Police, and his assistant on electronic blackmail and its impact on society and methods of prevention and treatment.







❖ The Technical Administrative College organizes a workshop on electronic blackmail. Under the patronage of the President of the Northern Technical University, Prof. Dr. Alia Abbas Al-Attar, and under the supervision of the Dean of the Technical Administrative College, Assistant Professor Dr. Samir Taha Yassin,

The Rehabilitation and Employment Unit, the Educational Guidance and Counseling Unit, and the Media Division at the Technical Administrative College, in cooperation with the Community Police in Nineveh Governorate, organized a workshop entitled (Electronic Blackmail) delivered by a group of officials from the Community Police Division in Nineveh Governorate.

The workshop was attended by the Dean of the College, the assistants, and a number of college members and students.

### The workshop aimed to:

- Defining the concept of electronic blackmail, its risks, causes, and types, and the repercussions of the crime of blackmail from the legal and social aspects, and the laws and penalties that have been approved.
- Defining the danger of electronic rumors.
- Raising social, legal, and technical awareness based on social responsibility and educating members of society about the subject of electronic blackmail.
- Explaining preventive methods and how to secure and protect personal accounts on social media sites and the reasons that lead to hacking personal accounts and explaining ways to

**The workshop covered the following:**

- How to be careful not to fall into errors in electronic communications and the use of social media sites and their exploitation by the weak-minded and blackmailers
- Success stories of the work of the community police and its role in helping victims of electronic blackmail

The workshop recommended the need to spread awareness and education about the correct use of social media, avoid leaving loopholes that make it easy for the weak-minded to carry out the process of electronic blackmail, and report cases of electronic blackmail by calling the community police hotline (497) at any time a citizen is exposed to blackmail.







- ❖ Al-Hawija Technical Institute organized an awareness seminar on (the dangers of the spread of drugs on Iraqi society).

Under the patronage of the President of the Northern Technical University, Prof. Dr. Alia Abbas Ali Al-Attar, and under the supervision of Prof. Dr. Omar Khalil Ahmed, Dean of the Institute.

The Media and Government Communication Division, the Psychological Counseling and Moral Guidance Unit, in coordination with the Federal Police and the Second Health Care Sector in Al-Hawija District, organized an awareness seminar on (the dangers of the spread of drugs on Iraqi society).

The seminar was attended by: -

- Dr. Raad Hamza Awad (Assistant Dean for Administrative and Financial Affairs)
- Colonel Rahim Salem Mashkhul
- Lieutenant Colonel Haider Abbas Haider
- Dr. Muhammad Al-Bayati
- Mr. Muthanna Salim Hamoud (Head of the Media and Government Communication Division)

A number of members and students of the Institute attended.

**The symposium addressed: -**

- The most important risks that cause the collapse of families and the disintegration of society, as the family is the nucleus of societies, whether physical risks that cause disturbances in the functions of the human body organs, psychological risks, hysteria, mental distraction, deterioration of the psychological state, waste of money, low standard of living, the risk of sexual exploitation of addicts and physical exploitation such as using them in crime gangs. It also addressed the risks of falling into the abyss and losing this world and the hereafter, and addressed the laws that were enacted to deter violators, whether in trading, promoting or using, and the legal materials that were enacted to protect society. The symposium showed:-
- These drugs that a person takes are enjoyed for a short period and then slowly turn into deadly poisons
- It is impossible to ignore the setbacks that occur in many societies in several countries due to these dangerous drugs and to take all measures to prevent their spread and curb the dealers and promoters on the cultural level by intensifying awareness teams in colleges and schools and on the security, legal and medical levels and even on the religious level and the social heritage that distinguishes our Iraqi people
- The symposium aimed to:- Prevent all forms of negligence in taking therapeutic pills without consulting a specialist doctor or a prescription from a doctor, and this is guaranteed by the competent authorities monitoring pharmacies

- Raising awareness among young people, especially since they are the building block and backbone of society, to prevent this phenomenon by reporting anything that raises suspicion to the competent security authorities.
- The symposium came out with the following recommendations:-
- Combating all types of drug or sedative pill use by pharmacists and security services.
- Activating the supervisory role by the competent security and health authorities.
- Intensifying the awareness-raising role in colleges, institutes, middle and high schools, especially through seminars, workshops and posters.
- Emphasizing the media role in a professional manner and specialized media bodies by portraying this phenomenon in ways that make society radically move away from it.



- ❖ Northern Technical University organizes an awareness seminar on combating and reducing drugs in cooperation with the Directorate of Combating Drug Affairs, Nineveh Branch.

Under the patronage of the President of the Northern Technical University, Prof. Dr. Alia Abbas Ali Al-Attar, the Department of Media and Government Communication and the Directorate of Combating Drug Affairs, Nineveh Branch, in cooperation with the Women's Empowerment Division and the Anti-Drug Committee at the University Presidency, organized. In the presence of the Assistant President of the University, Head of Administrative Affairs, Prof. Dr. Dhnoon Younis Dhnoon

Presented by:-

- Colonel Firas Abdul Razzaq Shaeed, Assistant Director of the Directorate of Combating Drug Affairs, Nineveh Branch.
- Dr. Labib Abdullah Hassoun, Head of the Anti-Drug Committee.

The seminar was attended by a large number of university members and students. The seminar dealt with the types of drugs, the reasons for individuals' tendency towards them, and ways to combat them.







The university's volunteer team participates in an awareness campaign to combat drugs.

Under the patronage and guidance of Professor Dr. Alia Abbas Ali Al-Attar, President of the Northern Technical University, and in implementation of the university's strategy to combat drugs, which was developed by the Department of Psychological Counseling and Educational Guidance in partnership with the Department of Media and Government Communication... Today, the university's volunteer peace team organized an awareness and guidance campaign on the dangers of drugs, which included the distribution of informational brochures that addressed the serious damage of this dangerous scourge to the health of the individual and society.









