

COUNSELING & WELLNESS

Your one stop for information about your health needs!

OUR TEAM



PATTI COLLINS

(she/her/hers)

COUNSELOR & COORDINATOR
OF COUNSELING & WELLNESS



JUMANA AL-ABDI

(she/her/hers)

THERAPIST

We are dedicated to offering a variety of programs and services to help students thrive-experiencing positive emotions, meaningful relationships, engagement, and coping effectively with anxiety, stress and depression.



BIOFEEDBACK TRAINING

Biofeedback is a way to connect with your body and learn self regulation strategies to feel better and be at your best.



COACHING

Coaching services are offered to students who are looking to take action towards their goals or visions for all areas of their lives.



COUNSELING

Our staff provide short term counseling services for students. Counseling and coaching services are confidential.



CONSULTATION

A counselor is available to assist students who have questions or concerns about difficult situations, be it with friends or families.



CRISIS INTERVENTION

For students experiencing severe emotional distress, Counseling and Wellness provides walk-in urgent counseling during office hours.



IMMUNIZATIONS & HEALTH INSURANCE

Counseling & Wellness promotes the overall public health of the campus community by administering immunization and health insurance policy compliance.

+974 3061 8481

Call for urgent mental
health support after
office hours

+974 4454 0999

Call for emergency / life-
threatening crises on-campus
or within Education City

999

Call for emergency / life-
threatening crises outside
of Education City

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CONFIDENTIALITY

We maintain the strictest confidentiality and privacy for mental health services. Our staff are licensed or supervised by licensed clinical staff.



MEDICAL LEAVE OF ABSENCE

The purpose of a medical leave of absence (MLOA) is to provide students time away from campus for treatment of a physical or mental health condition.



WORKSHOPS, TRAININGS & EVENTS

We lead workshops & trainings, and sponsor health-related educational programs to enrich students' lives, whether struggling with a particular issue or looking for ways to thrive.



REFERRAL SERVICES

Our staff can make referrals to other health related professionals as needed by students.

[VISIT OUR WEBSITE](#)

for further information on the services above, including confidentiality terms & conditions, counseling eligibility criteria, and more.

[CLICK HERE](#) to make an appointment

Making an appointment with our staff for the services listed above is just one click away.

[FOLLOW US](#) ON INSTAGRAM

Stay updated with our services, programs & events.

Northwestern | QATAR
DIVISION FOR THE STUDENT EXPERIENCE
Counseling & Wellness

Office Hours
Sunday - Thursday
8:30 AM - 5:00 PM
wellness@qatar.northwestern.edu

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