Counseling and Wellness

Your one-stop for information about your health needs!



Counseling

We provide short-term counseling services for students. Counseling and coaching services are confidential.

CRISIS INTERVENTION



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

CONSULTATION



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

COACHING



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

+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, Training & Events

We lead workshops and trainings and sponsor health-related educational programs to enrich students' lives, whether they are 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.



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Visit our Website

Book an Appointment