3.3.5 Mental health support for students

1. World mental health day celebration

The Department of Psychology, Women University of Azad Jammu & Kashmir, Bagh, celebrated **World Mental Health Day** in collaboration with Aghosh Alkhidmat. The activity brought together students and faculty members to promote awareness of mental health and emphasize its importance for students' psychological well-being. The initiative highlighted the need to encourage open discussions about mental health, reduce stigma, and foster a supportive and inclusive environment in which students feel comfortable seeking guidance and support when needed.

2. Mental Health and Counseling Session for students of Cambridge School System, Bagh

The Department of Allied Health Sciences, in collaboration with the Department of Psychology, organized a Mental Health and Counseling Session for students of Cambridge School System, Bagh. The session aimed to promote mental health awareness and support students in developing healthy coping strategies for everyday challenges. Key areas of discussion included stress management, emotional well-being, and the importance of recognizing and addressing mental health concerns. This outreach initiative strengthened the University's engagement with the local community by extending mental health education beyond the campus and encouraging a supportive environment for young learners.

Evidence

Annex I







Mental Health out reach Program at Aghosh



Annex II

Mental Health outreach at Cambridge college

