



Psychological Health Support Services for Staff and Students at Akhmet Yassawi University (2024 year)

Akhmet Yassawi University provides comprehensive support to maintain the mental health and emotional well-being of students and staff. The university offers a range of services aimed at providing psychological assistance, increasing psychological literacy, and strengthening mental health.

Support Services:

1. Psychological Counseling Center

The university has a dedicated psychological counseling center where students and staff can receive confidential and free consultations. Qualified psychologists provide individual support for issues such as stress, anxiety, emotional instability, and low motivation.

2. Individual and Group Therapy

One of the effective methods of psychological support is individual and group therapy. These therapies help improve the mental well-being of students and staff, maintain emotional balance, and manage stress.

3. Stress Management and Psychological Training

The university organizes training sessions and seminars on stress management, self-regulation, positive thinking, and emotional intelligence development. These programs help participants increase their psychological literacy and maintain mental health.

4. Psychological Literacy Enhancement Programs

To strengthen psychological health, the university conducts informational campaigns, motivational meetings, and psychological support groups. These programs help students and staff understand and manage their emotional states.

5. 24/7 Support Line

Students and staff can contact the psychological help line (online or offline) as needed. This service is aimed at providing urgent support to those experiencing stress and emotional difficulties.

Akhmet Yassawi University's Approach to Mental Health
In line with the Sustainable Development Goal "Health and Well-being" (SDG 3), <https://ayu.edu.kz/birimler/en/5-surdurulebilir-kalkinma-arastirma-merkezi/saglik-ve-esenlik>
Akhmet Yassawi University places great importance on protecting and improving the mental health of students and staff. The university supports every student and staff member in fully realizing their potential and achieving academic and professional success.

At Akhmet Yassawi University, various mental and psychological activities are organized, one of which is the seminar-training on the topic "Features of the Psychological Climate in the Family." For more information, please refer to the link: <https://old.ayu.edu.kz/en/archives/87856>

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Akhmet Yassawi University implements various programs and activities to support the mental health of its staff. Under the guidance of university psychologist Alnur Oshibaev, specialists organize psychological counseling, stress management training, and collective support initiatives. In addition, the following support mechanisms are available for staff:

1. **Psychological Counseling:** Staff members can receive counseling from a professional psychologist through individual or group sessions.
2. **Stress Management Training:** Seminars are held to reduce stress that may arise in the workplace, providing techniques and strategies to manage work-related pressure.
3. **Sports and Wellness Activities:** University staff are offered the opportunity to participate in fitness, yoga, and meditation classes to enhance their physical and mental well-being.
4. **Social Support:** Various activities are organized to improve the social conditions and well-being of the staff.

These efforts aim to promote a healthy work environment and contribute to the overall well-being of the university's staff.



These programs are aimed at enhancing employees' work efficiency, maintaining emotional stability, and strengthening overall mental health. By providing support in these areas, the university helps staff manage stress, improve well-being, and create a more balanced and productive work environment.



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Akhmet Yassawi University**

**Director of the Center for Sustainable
Development and Scientific Research**



Tulkinzhon Gaipov