

Health and Wellbeing

Do you provide on-campus or local health and wellbeing services?

ASU provides comprehensive health and wellbeing services to support the campus community. These services encompass counseling, medical clinics, fitness centers, and wellness programs. Detailed information about these services can be found on the university's website and related pages.

For medical services and health insurance details, students can refer to: [Medical Services and Health Insurance](#)

Additionally, information regarding catering facilities, which contribute to overall health and wellbeing, is available at: [Catering Facilities](#)

At ASU, ensuring the health and wellbeing of students and staff is a top priority, and these resources are provided to support a healthy and thriving campus community.

<https://www.asu.edu.jo/en/Administrative-Departments/Pages/Medical-Services-and-Health-Insurance.aspx>

<https://www.asu.edu.jo/en/Facilities/Pages/Catering.aspx>

Evidences

Shared Sports Facilities

The Deanship of Student Affairs at ASU prioritizes the development of students' talents and personalities through individual and team sports activities. The Sports Department is dedicated to fostering a culture of sports engagement among students, encouraging their participation in various sports and recreational activities. This commitment is aimed at maximizing students' leisure time and promoting holistic development. Through shared sports facilities and organized sports programs, ASU provides evidence of its dedication to enhancing students' physical and personal growth.

<https://www.asu.edu.jo/ar/Facilities/Pages/Athletics-tracks.aspx>





Sexual and Reproductive Health Care Services for Students

The Applied Science Private University Health Services (ASUHS) is designed to cater to the health care needs of both undergraduate students and staff members. As a semi-comprehensive health facility, ASUHS offers the convenience of centralized healthcare services, ensuring easy access to a wide range of medical support. Whether you require routine check-ups, minor treatments, or consultations, ASUHS aims to provide accessible and efficient healthcare solutions for the university community.

<https://www.asu.edu.jo/en/Administrative-Departments/Pages/Medical-Services-and-Health-Insurance.aspx>



Sexual Awareness:

The fifteenth lecture at the Applied Sciences Private University, in collaboration with the youth initiative "A Day for Making a Mentor," delved into the crucial topic of "Psychological Support for Children Exposed to Sexual Abuse." Presented by Dr. Souad Ghaith, the lecture highlighted the university's commitment to fostering awareness and providing support in sensitive areas like sexual abuse. With a strong emphasis on developing the capabilities of youth in the counseling field, the event drew significant attendance from students specializing in psychological and social counseling, as well as individuals with a keen interest in the subject.

https://m.facebook.com/story.php?story_fbid=pfbid0i8ccGSNs8ZUSzJKJFPBYrJBCgTT69ocUUjBy4DCj8LwqnJ85oKnErtg9fZxCMRscI&id=147537315307774&mibextid=Nif5oz

<https://www.asu.edu.jo/en/Students-Affairs/Pages/Department-of-Psychological-and-Social-Counseling.aspx>



Mental Health Support:

The Deanship of Students' Affairs at the Applied Science Private University is committed to providing comprehensive mental health support for both students and staff. Here are some of the services and initiatives aimed at promoting mental wellbeing:

1. **Medical Health Counseling:** The newly established department focuses on addressing the health and wellbeing concerns of female students. Trained counselors are available to provide support and guidance on various mental health issues.
2. **Physical Activity Mentoring:** Recognizing the importance of physical activity in maintaining overall wellbeing, the department offers mentoring programs to encourage students to engage in regular physical exercise.

Examples of Initiatives: The Social and Cultural Committee at the College of Pharmacy/Applied Science Private University organized a series of interactive

awareness lectures led by Dr. Ahmed Al-Salem, a psychiatry and addiction specialist. These lectures, held on Sundays throughout November from 11/14/2021 to 11/28/2021, covered a range of topics including antidepressants, antipsychotics, and mood stabilizers. These initiatives aim to raise awareness and provide valuable insights into mental health issues, fostering a supportive environment within the university community.



These lectures were specifically designed to cater to students of the College of Pharmacy, academics, and local community pharmacists. The content of the lectures was well-received, with the audience demonstrating remarkable engagement and expressing approval. Attendees appreciated both the scientific depth of the content and the effective presentation methods employed.

ASU
جامعة العلوم التطبيقية الخاصة
Applied Science Private University

FOP
كلية الصيدلة
FACULTY OF PHARMACY

سلسلة من المحاضرات التوعوية
يقدمها الدكتور أحمد محمود السالم
اختصاصي الطب النفسي وعلاج الإدمان

الساعة	اليوم - التاريخ	عنوان المحاضرة
8-6 مساءً	الأحد الموافق 2021/11/14	1. Antidepressants
8-6 مساءً	الأحد الموافق 2021/11/21	2. Antipsychotics
8-6 مساءً	الأحد الموافق 2021/11/28	3. Mood stabilizers

Tel: 00962-65609999 Website: www.asu.edu.jo جامعة العلوم التطبيقية الخاصة