SA-POL-09

BMC
Batterjee Medical College

Student Mental Health Support

POLICY AND PROCEDURES

Batterjee Medical College	Policy & Procedures
Division: Student Affairs	**Policy Code:** SA-POL-09
Issue Date: 21/09/2024	**Revision No.:** 2
Effective date: 21/09/2024	**Replaces:** Nil
Next Revision Date: September 2026	**Attachments:** None

Student Mental Health Support Policy

1. Purpose & Strategic Alignment:

Batterjee Medical College (BMC) recognizes that the mental well-being of its students is a core strategic pillar that directly contributes to their academic success and professional excellence as future healthcare providers. Aligning with the United Nations Sustainable Development Goals (SDGs), this policy mandates the provision of proactive, accessible, and comprehensive mental health services, shifting from traditional counseling to an integrated, innovative ecosystem of support.

2. Access to Free and Confidential Clinical Support

- **In-House Clinics:** The Student Welfare Unit mandates the operation of a dedicated Psychological Clinic. All individual and group counseling sessions, consultations, and therapeutic interventions provided by campus psychologists are completely free of charge to all enrolled students.
- **Strict Confidentiality:** All mental health records are strictly confidential. Clinical information shall not be shared with academic departments, faculty, or parents without explicit, documented consent from the student, except in documented life-threatening emergencies.
- **Open-Door and Rapid Response:** The college enforces a flexible reception policy, allowing students to access immediate psychological support during academic or personal crises through both physical walk-ins and rapid digital communication.

3. Psychological Screening and Early Detection

- **Proactive Assessment:** BMC commits to maintaining comprehensive assessment initiatives, such as the direct Mental Health Screening Assessment program.
- **Digital Health Tools:** The institution shall provide periodic digital campaigns utilizing global scales (e.g., PHQ-9 for depression and GAD-7 for anxiety) to enable early detection and immediate linkage to free specialist care.

4. Active Promotion of Mental Well-being

- **Institutional Integration:** Mental health promotion must be actively integrated into the student experience through major scientific forums (e.g., the Mental Health Innovation Forum), interactive workshops (Mindfulness, Identity & Self-Discovery, Art Therapy), and evidence-based stress reduction events (Pet Therapy, Yoga).
- **Continuous Awareness:** BMC mandates the permanent inclusion of mental health awareness resources and support service directories in the college's official Weekly News Magazine.

5. Access to Charged / Specialized Support (Referral Network)

- **Strategic Referral Pathways:** For students requiring advanced psychiatric care, long-term psychotherapy, or addiction rehabilitation beyond the scope of the primary clinic, BMC maintains a robust referral network of collaborated specialized institutions.
- **Accredited Partners:** The institution ensures facilitated access to accredited partners, including the Qawim Centers for Addiction Rehabilitation, Erada Complex for Mental Health, Rushd Consultation Center, Sajaya Rehabilitation Center, Etizan Center, and the National Center for Mental Health Promotion.

Synopsis

- Document Title: Student Mental Health Support Policy
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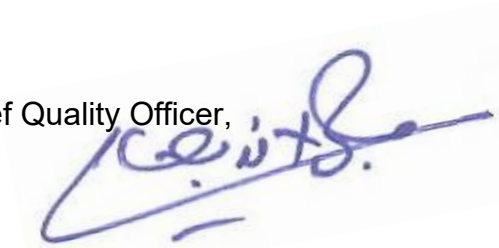
Approval Authority:

Reviewed by:

Dr. Maher Alandiyjany, Chief Quality Officer,

Signature:



Approved by:

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