Promoting Good Mental Health Among Faculty and Staff

Alfaisal University provides its faculty and staff with access to free mental health support through counseling with a consultant clinical psychologist at the College of Medicine, and actively promotes good mental health among them through wellbeing initiatives organized by the Alfaisal Wellbeing Office, including sessions led by mental health professionals on stress, burnout and work-life balance. The table below lists this support and these initiatives, some of which are also open to students.

Last updated: November 2026

Title	Organizer	Date	Audience	Focus	Source	Description
Access to free mental health support						
Free counseling for faculty and staff	College of Medicine	Ongoing	Faculty and staff (also students)	Counseling and mental health	College of Medicine, Alfaisal University	Free counseling and psychological support for Alfaisal University faculty and staff, provided by Dr. Ebtisam Abdulhameed Dakhakhni, Assistant Professor of Psychology and Consultant Clinical Psychologist at the College of Medicine. Faculty and staff can book an appointment by email: edakhakhni@alfaisal.edu
Active promotion of good mental health						
Balancing the Scales: Finding Harmony Between Work and Life	Alfaisal Wellbeing Office (Tiny Habits Series)	November 4, 2025	Faculty and staff	Stress, workload and burnout	Alfaisal Wellbeing Office website	A session led by counseling psychologist Dr. Rawan Alganas on maintaining a healthy balance between work responsibilities and personal life for faculty and staff. It explored stress, workload pressure and burnout, and gave attendees practical tools for managing stress, improving work-life balance and building healthier daily habits.

Title	Organizer	Date	Audience	Focus	Source	Description
Midday Moves	Alfaisal Wellbeing Office	Launched October 9, 2025 (daily or several times a week)	Faculty, staff and teaching assistants	Mental recharge, physical activity and social connection	Alfaisal Wellbeing Office Report 2025-2026, Midday Moves page	A self-driven walking programme designed specifically for faculty, staff and teaching assistants to step away from their daily routines, recharge their minds and connect with colleagues, walking independently or with a volunteer-led group along a safe campus route.
Wellbeing at Work Middle East Summit 2025	Alfaisal Wellbeing Office, with Wellbeing at Work	February 4, 2025	Faculty and staff (free delegate passes)	Workplace mental health, resilience and employee engagement	Alfaisal Wellbeing Office website	Alfaisal University hosted the Wellbeing at Work Middle East Summit 2025 at the Princess Haya Bint Turki Auditorium, with keynotes, interactive workshops and panel discussions on workplace mental health, resilience and employee wellbeing. To support faculty and staff engagement, the University gave complimentary delegate passes to the first 20 registrants from its academic and administrative community.

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