

SUSTAINABLE DEVELOPMENT GOALS



3.3.7: Mental health support for staff

Table of Contents

Introduction	3
On-site clinic	3
Workshops Related to Mental Health Support	4

Introduction

This report highlights UBT's compliance with SDG 3 (Good Health and Well-being), specifically sub-standard 3.3.7, by providing mental health support for its staff.

On-site clinic

UBT demonstrates this commitment through its on-site clinic, which offers mental health services delivered by professional staff.

ECG
We can provide ECG services in your onsite clinic with prior booking





My Physiotherapy
You can have your Physiotherapy sessions in the onsite clinic. All you have to do is to book your appointment.

Other Services available on-site

- Vital signs measurement & Body Mass Index
- Random blood sugar measurement
- Health counselling & lifestyle change
- IM & IV injections
- Vaccination
- Wound care





Enrol in My Clinic Health Care Programs
You can enroll yourself or a family member to one of our healthcare programs through your On-site Clinic:

- Diabetes Management Program
- Antenatal Care Program
- Move & Learn (Osteoarthritis Program)
- Paediatric Asthma Program
- Hearing Care Program
- and more**

Scan the QR code to know more about our programs



UBT Female:
Doctor | Dr. Sahar Albraim **Nurse** | Labnah Almahri **Nurse** | Joana Flores **Call** | 0531258425

UBT Male:
Doctor | Dr. Khalil Alnajjar **Nurse** | Mohamed Alnemari **Extension** | 9143 **Call** | 0568941962

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3

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Workshops Related to Mental Health Support

Furthermore, UBT organizes workshops and sessions, such as the mental health-focused "ENCOURAGEMENT: STRESS MANAGEMENT" event advertised for 26 August 2024, to further enhance staff well-being and provide support in managing stress. This demonstrates an active promotion of good mental health among UBT staff.



UBT
جامعة الأعمال و التكنولوجيا
UNIVERSITY OF BUSINESS AND TECHNOLOGY

TC | Training Center
مركز التدريب

ENCOURAGEMENT : STRESS MANAGEMENT

Dr. Holly Ward
Shore Coaching

Dr. Karen Smith
Shore Coaching

26 AUG 2024 1:30-03:30 PM zoom

