

## SDG 3 Good Health and Wellbeing

### 3.3.7- Does your university as a body provide staff with access to mental health support?

- The University of Jordan's Training and Counseling Center offers three free training courses per year to staff, tailored to meet their specific needs.

<https://centers.ju.edu.jo/ar/coc/Pages/TrainingPlan.aspx>

<https://centers.ju.edu.jo/ar/coc/Pages/FactsAndFigures.aspx>

- Topics of training Courses: self-development, body language, effective communication, emotional intelligence, human personality, time management, and managing career pressure.

[https://centers.ju.edu.jo/ar/coc/Lists/Announcements/School\\_DispAnn.aspx?ID=725](https://centers.ju.edu.jo/ar/coc/Lists/Announcements/School_DispAnn.aspx?ID=725)

[https://centers.ju.edu.jo/ar/coc/Lists/Announcements/School\\_DispAnn.aspx?ID=513](https://centers.ju.edu.jo/ar/coc/Lists/Announcements/School_DispAnn.aspx?ID=513)

[https://centers.ju.edu.jo/ar/coc/Lists/Announcements/School\\_DispAnn.aspx?ID=675](https://centers.ju.edu.jo/ar/coc/Lists/Announcements/School_DispAnn.aspx?ID=675)