

3.3.5 – Does your university as a body provide students with access to mental health support?

Azerbaijan State Oil and Industry University (ASOIU) is deeply committed to supporting the mental and emotional wellbeing of its students, academic staff, and community members. Recognizing that academic performance and personal development depend on psychological health, ASOIU provides continuous access to mental health services, including full-time psychological support, awareness sessions, and training workshops for students and staff.

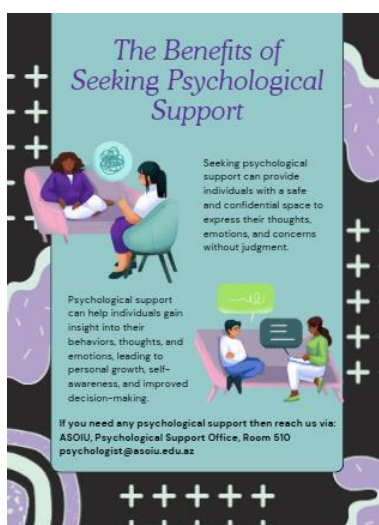
<https://asoiu.edu.az/upload/sustainability/pdf/policy/Health,%20Safety%20and%20Wellbeing%20Policy.pdf>

1. Psychological Support Center and Professional Consultations

ASOIU operates a dedicated Psychological Support Office with a full-time university psychologist, offering confidential counselling services to students. The center provides:

- Individual consultations for managing academic stress, emotional burnout, and anxiety;
- Group sessions that teach coping mechanisms and communication skills;
- Confidential referral mechanisms for complex psychological cases.

This service is free of charge and available throughout the academic year, ensuring accessibility for all students regardless of background.



3. Awareness and Wellbeing Initiatives on Mental Health Issues

ASOIU conducted a large-scale awareness program focusing on emotional stability and healthy coping mechanisms.

The event, attended by over 300 students and staff, addressed topics such as:

- Coping with exam-related anxiety,
- Overcoming isolation in academic environments,
- Mindfulness and relaxation techniques, and

- Promoting a positive campus culture of mental wellbeing.

The initiative demonstrates that mental health promotion at ASOIU is systematic and continuous, involving the entire academic community — not limited to counselling but integrated into the university’s culture.



https://asoiu.edu.az/single_news/3307

2. Stress Management and Resilience Workshops

ASOIU regularly organizes mental health awareness workshops designed to enhance resilience, self-regulation, and emotional intelligence among students.

One notable program, coordinated by the Department of Student Affairs, featured certified psychologists who conducted training titled *“Effective Stress Management and Positive Mindset Development.”* The sessions taught students practical techniques such as:

- Identifying early signs of stress and burnout,
- Applying breathing and relaxation methods,
- Maintaining balance between academic and personal life, and
- Building positive relationships with peers and instructors.

Such initiatives demonstrate that ASOIU’s mental health support goes beyond reactive counselling — it is preventive and developmental, empowering students to manage challenges proactively.



3. Mental Health and Career Balance Program

In collaboration with the Career Center, ASOIU introduced joint training sessions focusing on psychological adaptation, motivation, and mental resilience for students preparing for professional careers. During these sessions, university psychologists and invited experts explained how to:

- Reduce performance anxiety during interviews and exams,
- Strengthen self-confidence,
- Manage professional stress, and
- Build emotional intelligence as a workplace skill.

The event reinforced the message that mental health is directly connected to career readiness, aligning with ASOIU's goal of preparing emotionally resilient graduates for future employment.



Conclusion

ASOIU, as an institution, provides comprehensive access to mental health support services for its students. Through a combination of:

- Full-time professional psychological counselling,
- Preventive workshops and emotional resilience training,
- Career-oriented psychological programs,
- Peer mentoring initiatives, and
- Regular awareness campaigns.