



IIUM STUDENT MENTAL HEALTH POLICY 2021

by IIUM Mental Health Task Force (2021)




الجامعة الإسلامية العالمية ماليزيا
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA
جامعة إسلامي العالمية ماليزيا
Garden of Knowledge and Virtue

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AN INTERNATIONAL AWARD-WINNING INSTITUTION FOR SUSTAINABILITY


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IIUM STUDENT MENTAL HEALTH POLICY

PREAMBLE

International Islamic University Malaysia (IIUM) takes cognizance of students' mental health and wellbeing. Taking off from World Health Organization's (WHO) assertion that "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity", IIUM views an individual with good mental health as someone who displays the characteristics of Insan Sejahtera – one whose cognitive, physio-psychological, intellectual, and spiritual dimensions are in harmony with each other, and this harmony of the inner self in turn enables the individual to function well with his or her surroundings – the ecological, economic, cultural and societal elements – and enhances the individual's awareness of his or her relationship with Allah. An encompassing approach to student mental health comprise the promotion of Insan Sejahtera characteristics, preventing the onset of mental health difficulties, and providing academic and therapeutic support to students who developed mental health difficulties.

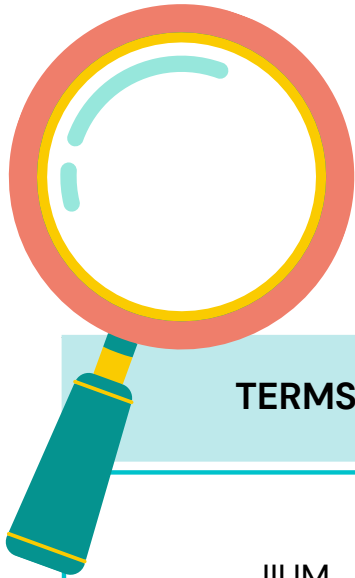


OBJECTIVE

This Policy is to guide and govern the implementation of mental health practices among students and potential students of IIUM.

APPLICATION OF THIS POLICY

This policy is applicable to all IIUM students. In certain circumstances, the policy is applicable to an individual who apply to become an IIUM student.



TERMS & DEFINITION

TERMS	DEFINITION
IIUM	International Islamic University Malaysia. Also referred to as the University in the document.
Disciplinary Board	A panel of members appointed by the disciplinary authority to conduct disciplinary hearings.
Student	Any undergraduate student, postgraduate student, part-time student, student under distance learning or off-campus programme, diploma student, matriculation student, exchange and non-graduating student of the University.

Staff	Any person employed under a contract of service with the University
Mental Health	A state of well-being in which an individual “realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (WHO, 2004).
Insan Sejahtera	<p>Insan Sejahtera (a balanced and harmonious person), equipped with useful knowledge and specialised skills, and committed to Islamic values and practices imbued with Integrity, Amanah, Iman, Akhlaq and Taqwa.</p> <p>A balanced student is also a JERIHAS (Jasmani, Emosi, Rohani, Intelek, Hamba Allah, Alam Sekitar, Sosial) and possess the following:</p> <ul style="list-style-type: none">a. Characteristics – Fathonah, Amanah, Siddiq, Tabligh (FAST)b. Attributes – Khalifah, Amanah, Iqra’, Rahmatan lil ‘Alamin (KHAIR)c. Murabbi Traits

Academic Concessions	The provision of a variance in the timing or nature of a course or program requirement.
Mental Health Service	Unit under office in charge of counselling responsible for students with mental health difficulties which is to assist with reasonable arrangements and academic concessions.
'Ilaj service	Treatment of patients using ruqyah shar'iyyah and recitation of specific du'a from the Quran and the Sunnah.



POLICY STATEMENT

The University acknowledges that Mental Health is an important aspect of a student's quality of life and is a prerequisite for achieving a student's optimum potential.

The University acknowledges the complex interplay between biological, psychological, social, and environmental factors that accounts for the Mental Health condition of the University students. As such the University acknowledges the need to avail Mental Health services which attend to students who encounter or live with:

- a. Psychological-based health issues
- b. Spiritual-based health issues
- c. Psychophysiological-based health issues
- d. Physiological-based health issues

The University is committed to promoting equality of opportunity for all, eliminating any unlawful discrimination, and promoting positive attitudes towards all individuals.

The University welcomes application from any qualified applicant. It treats students with mental health difficulties justly, no less favourably than others, in relation to admissions, learning and teaching. Where necessary, the University is to make reasonable arrangements where students with mental health difficulties are placed at a substantial disadvantage.

The University is proactive in delivering the amanah of the reasonable arrangements. This means that the University is not waiting until being approached by a student with mental health difficulties before considering how to deliver the amanah. The learning environment shall be as inclusive as possible so that individual student interventions are the exception rather than the norm.

The University upholds the spirit of Rahmatan lil 'Alamin (Mercy to All) thus, while providing assistance to students with Mental Health difficulties, the university is also committed to ensuring the psychological wellbeing of all students.

The University aims to nurture students' ability/talent to attain good Mental Health and avoid/minimise the adverse impact of psychological difficulties. This entails the provision of:

- a. Mental Health awareness development and educational programmes on ways to develop good mental health.
- b. Prevention strategies to avoid issues that may lead to Mental Health issues; OR minimise the negative consequences of Mental Health issues.
- c. Activities to develop staff ability to attain good work life and productivity.
- d. Planned interventions to enhance mental health-related initiatives that include individual level, administrative/human resource level, Technological/Structural Level, and Engagement level interventions.

The University acknowledges the essentiality to provide intervention programmes that instil proper understanding on the importance of mental health preservation as a mean to accomplish the five Maqasid ash Shariah in every individual life including:

- a. Preservation and Protection of ad-din (Religion)
- b. Preservation and Protection of an-nafs (Life)
- c. Preservation and Protection of al-'aql (Intellect)
- d. Preservation and Protection of al-mal (Wealth)
- e. Preservation and Protection of an-nasl (Lineage)

RESPONSIBILITIES

The University



The University is committed to provide:

- a. appropriate resources to implement this policy.
- b. students with access to information about how to seek mental health supports and how to confidentially apply reasonable arrangements and academic concessions for mental health difficulties.
- c. staff with information about their responsibilities and training related to mental health where necessary.
- d. structures and processes to monitor and review the content and implementation of this policy.
- e. measures to safeguard the confidentiality of mental health information provided by students.

IIUM Primary Care Centre and Office in Charge of Student Counselling

IIUM Primary Care Centre and Office in Charge of Student Counselling are to:

- a. offer psychological and clinical assessment and intervention to students with mental health difficulties where appropriate.
- b. offer mental health awareness, promotion, and prevention activities to the campus community.
- c. monitor regular follow up and medication by students with mental health difficulties.

Office in Charge of Student Counselling

Office in Charge of Student Counselling are to:

- a. assess applications for registration for the Mental Health Services provided by the Office in Charge of Counselling.
- b. discuss options for reasonable arrangements with students who qualify for registration with the Mental Health Service and provide official confirmation of the student's eligibility for reasonable arrangements.
- c. offers advice and guidance to staff on supporting students with mental health difficulties.
- d. communicate with Kulliyah on how to provide reasonable arrangements for specific student with mental health difficulties.



Office in Charge of Disability Services

Office in Charge of Disability Services is to:

- a. assist the Office in Charge of Student Counselling in providing assistance to students requiring reasonable arrangements.

Irshad and 'Ilaj Unit

Irshad and 'Ilaj Unit is to:

- a. provide 'Ilaj services as complimentary treatment in the aspect of religious and spiritual approach to mental health issues or crisis. The services are offered together with the medical and psychological treatment to provide holistic care to the students.

Academic Staff

Academic Staff are to:

- a. provide reasonable arrangements and adjustments in learning and teaching activities for students who are registered with Mental Health Service.
- b. consider applications for academic concessions on mental health grounds in the same way as for medical grounds.
- c. report and refer students in need of mental health intervention to appropriate authority.

Prospective Students

Prospective students are:

- a. mandated to make known of any existing mental health difficulties upon application so that appropriate arrangements can be made.

Current Students

Current students are to:

- a. make an appointment with Office in Charge of Student Counselling for an assessment for reasonable arrangements if mental health difficulties are felt.
- b. understand the expectation and demand of their programme and, possibly to apply for reasonable arrangements of academic concessions prospectively rather than retrospectively.
- c. contact responsible agencies if experiencing mental health symptoms that are persistent and/or that interfere with academic or social functioning.
- d. be responsible for complying with prescribed interventions by mental health professionals, failing which may lead to suspension of study.
- e. report suspected cases of mental health difficulties to appropriate authorities. The report is confidential.

REASONABLE ARRANGEMENTS FOR MENTAL HEALTH DIFFICULTIES

All appropriate steps shall be made to ensure reasonable arrangements, both academic and non-academic (Mahallah, sport facilities, etc) are provided to students with mental health difficulties.

Office in Charge of Student Counselling shall contact students who indicate mental health difficulties on their application and to discuss reasonable arrangements, needs and assist them with the process of verifying their mental health status.

Students who did not indicate mental health difficulties during application, but believe that they may have such difficulties, can communicate with the Office in charge of counselling to have their needs assessed.

The Office in Charge of Student Counselling will decide whether the student qualifies for registration with the Mental Health Service and be provided with reasonable arrangements.

Reasonable arrangements may vary across students, depending on their specific needs, which may include but are not limited to flexible deadlines, the use of make-up assignments, adjustments to lecture attendance requirements, the use of recordings to facilitate access to missed lectures, adjustments to group work requirements, and allowing students to sit for deferred assessments.

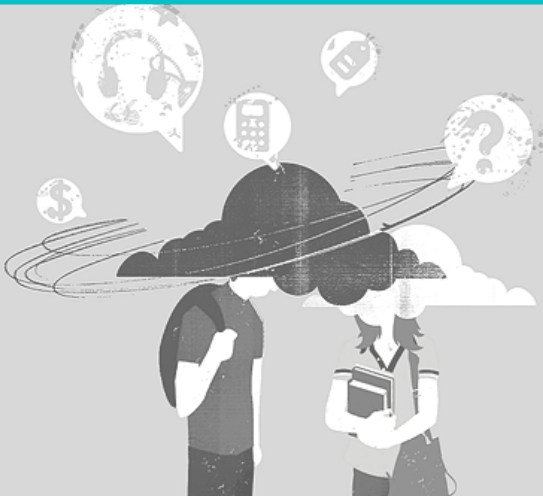
Mental Health Service committee is to review the student's need for reasonable arrangements continually.

- a. Students with mental health difficulties may apply for academic concessions.
- b. Students with mental health difficulties may apply for a special examination on mental health grounds.
- c. Students with mental health difficulties may apply for access to a secluded writing venue for examination on mental health grounds.

LEAVE OF ABSENCE

Students with mental health difficulties may apply to take a Leave of Absence from their studies on mental health grounds.

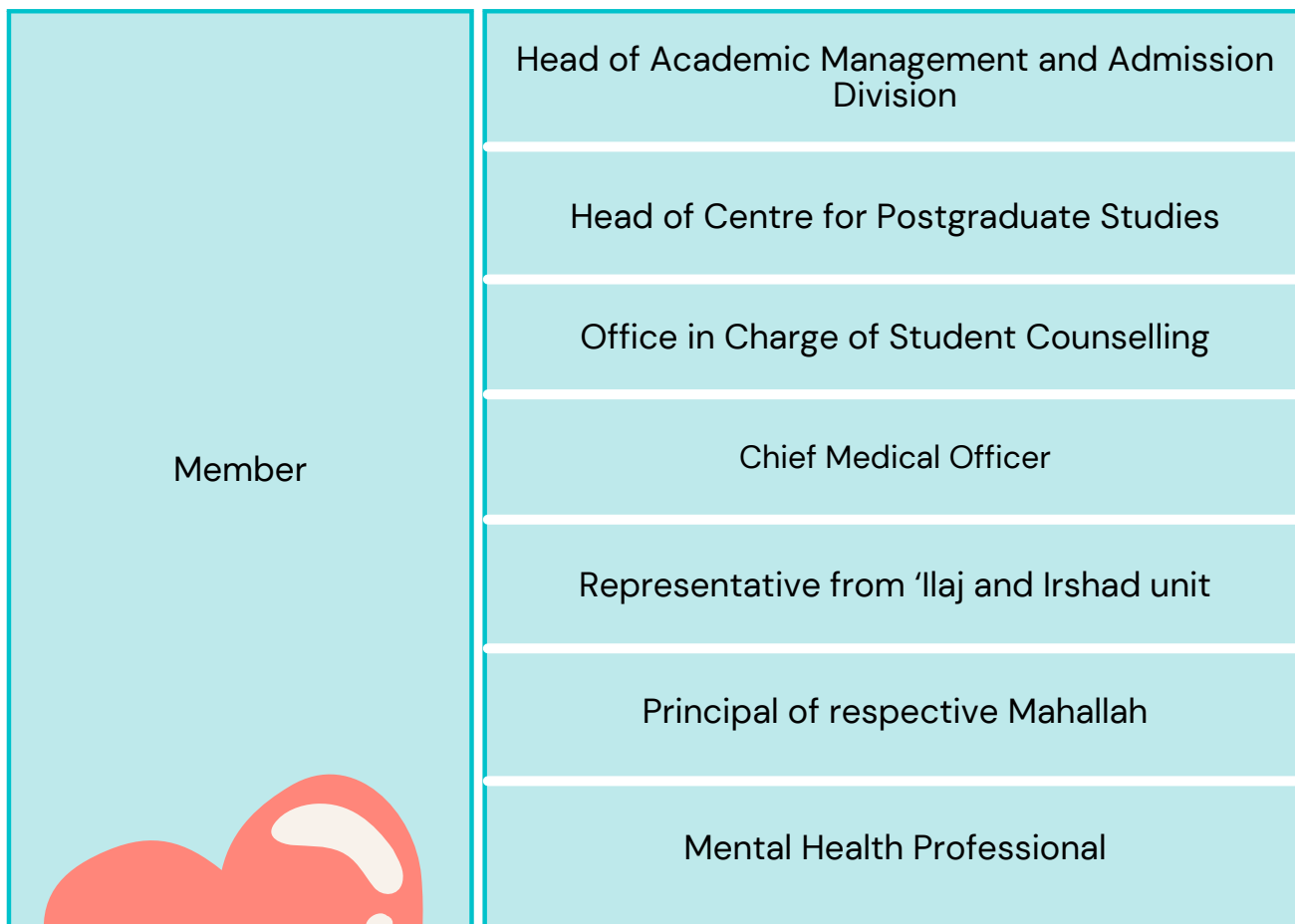
There may be circumstances where the University is concerned that a student's mental health difficulties are causing serious disruption to others or posing a serious risk of harm to themselves or to others. If all reasonable attempts to support the student have been exhausted, and the student does not wish to take a voluntary Leave of Absence, the student may be referred to the Fit for Study Committee to be assessed for an involuntary Leave of Absence.





The member of the Fit for Study Committee should comprise:

Chairperson	Dean of respective K/C/I
Secretary	<ul style="list-style-type: none">i. Representative from Academic Management and Admission Division for cases involving undergraduate, foundation, pre- sessional and bridging students; orii. Representative from Centre for Postgraduate Studies for cases involving post-graduate students
Member	Legal Advisor



RETURNING FROM LEAVE OF ABSENCE

Leave of Absence for mental health reasons is granted on condition that the student's capacity to resume studies should be assessed upon applying to return to the University. This is to ensure that optimal conditions for the student's successful reintegration into the University can be established.

- a. The Fit for Study Committee will review the student's application to resume studies after Leave of Absence.
- b. The Fit for Study Committee will consider the student's support needs and, offer recommendations for reducing barriers to reintegration and for enhancing academic progress, and facilitate the student's access to these support mechanisms where possible.

The University has the amanah to protect the health and safety of all students. In cases where there is a substantial risk of harm to others resulting from the student's mental health difficulty, and adequate supports cannot reasonably be established, the Fit for Study Committee may recommend to the Senate not to grant re-admission.

RE-ADMISSION APPEALS ON MENTAL HEALTH REASON FOR NON- LOA STUDENTS

Students who are denied permission to register in the subsequent semester due to failure to meet registration requirements may appeal for readmission. Mental health difficulties as a cause of poor academic performance can be a reason for an appeal for readmission.

MAHALLAH



Students are required to inform, with the assistance of Mental health Service, the office in charge of residential and Mahallah officials if they have special needs related to mental health difficulties.

DISCIPLINARY ISSUES

Students are bound by the University's rules for student discipline. Where there is a breach of the rules, disciplinary procedures may be activated. Where a student has mental health difficulties, the Disciplinary Board may take this into account when reaching a decision.



DISCLOSURE AND CONFIDENTIALITY

Health Practitioner

Information shared by students with mental health difficulties to any University health practitioner is confidential and may not normally be conveyed to others without the student's consent.

University health practitioners may provide supporting documentation for students who are applying for any of the reasonable arrangements or academic concessions, but only with the student's full awareness of what is being disclosed.

When the life or safety of the student or others are seriously threatened, information shared by the student may be disclosed. Information may also be disclosed if required by the law, via the appropriate legal channels.

University staff

Staff are required to treat information about a student's mental health in the strictest confidence.

A staff member who is approached by a student for advice regarding mental health difficulties should obtain consent from the student for the disclosure of relevant information.

Where a student with mental health difficulties has disclosed an intention to harm themselves or someone else, the University shall weigh confidentiality obligations against its legal duty of care. If the University is concerned that a specific student poses a serious risk to themselves or others due to mental health difficulties, the student should be strongly encouraged to seek support urgently and provided with information about how to seek support.

Student disclosure when applying for reasonable arrangements or academic concessions

Students who wish to register with the Mental Health Services need to discuss the nature of their mental health difficulties and its impact on their academic functioning. These disclosures shall be treated confidentially, and no information shall be disclosed without the student's consent.

Disclosure of mental health difficulties is beneficial as it enables students to have access to reasonable arrangements and academic concessions to support the student's academic progress.

MAINTENANCE POLICY

The Office in Charge of Counselling is responsible to ensure that this policy is updated and improved based on the needs or requirements for any change or improvement at any needed time.



RELATED POLICIES, PROCEDURES, GUIDELINES

This policy is read together with the latest version of the following policies:

- a. The IIUM Constitution (2016)
- b. The IIUM Disability Inclusion Policy (2018)
- c. Student Academic Performance Evaluation (Undergraduate) Regulation 2015
- d. Postgraduate Regulations (Revised 2020)
- e. Policy on Flexible Academic Workload & Flexible Study Period for Students with Disabilities



GENERAL PROVISIONS









The Senate reserves the right to bar, suspend or dismiss any student from the University or any of its classes whenever such action is deemed necessary in the interest of the University.

The University shall not be held responsible for non-disclosure or false disclosure of mental health difficulties.

DIRECTORIES






Counseling and Career Services Centre IIUM Gombak Campus

Level 2, Muhammad Abdul-Rauf Building,
International Islamic University Malaysia,
Jalan Gombak, Selangor

-  Monday – Friday
-  8.00 a.m.- 5.00 p.m.
-  03-6421 4409
-  ccsc@iium.edu.my
-  [iium_ccsc](https://www.instagram.com/iium_ccsc)
-  Counselling and Career Services Centre






Counselling & Career Services Department IIUM Kuantan Campus

Wadi Budi (formerly known as One Stop
Student Centre),
Office of the Campus Director,
IIUM Kuantan Campus,
Jalan Sultan Ahmad Shah, Bandar Indera
Mahkota,
25200 Kuantan, Pahang Darul Makmur

-  Monday – Friday
-  8.00 a.m.- 5.00 p.m.
-  09-571 6778
-  csd_ktn@iium.edu.my
-  Ccsd Kuantan Campus







Counseling & Career Services Unit Centre for Foundation Studies, Gambang

International Islamic University Malaysia (IIUM),
Administration Building,
26300 Gambang,
Pahang Darul Makmur, Malaysia

-  Monday – Friday
-  8.00 a.m.- 5.00 p.m.
-  609-570 4333 (ext 3537)
-  cfs.enquiry@iium.edu.my
-  CFS IIUM Gambang

Counseling & Career Services Unit IIUM Pagoh Campus

Office of Students Development and
Community Engagement
Kulliyah of Languages and Management
International Islamic University Malaysia (IIUM)
Pagoh Edu Hub
KM 1, Jalan Panchor, 84600, Pagoh, Muar, Johor


-   Sun - Wed - 9.00 a.m. - 4.30 p.m.
-   Thursday - 9.00 a.m. - 3.00 p.m.
-  06 974 2713
-  [@ccsuiiumpagoh](https://www.instagram.com/ccsuiiumpagoh)


DIRECTORIES


Department of Psychiatric & Mental Health Sultan Ahmad Shah Medical Centre @IIUM

Monday – Friday

 8.00 a.m.– 5.00 p.m.

 09-591 2583

 iiummc@iium.edu.my


 SASMECIUM


Psychological Services Unit (PSU) IIUM Mental Health and Psychosocial Care Team (IMPACT)


 <https://flagship.iium.edu.my/eps/>


 psu_clinic@iium.edu.my

Department of Educational Psychology & Counselling Kuliyyah of education

 Monday – Friday

 8.00 a.m.– 5.00 p.m.

 03-64216353

 depckkoed@gmail.com


IIUM Sejahtera Clinic (Gombak Campus)

 Monday – Friday

 8.00 a.m.– 10.00 p.m. (Consultation)

 Weekend & public holiday

 9.00 a.m.– 2.00 p.m. (Consultation)

 2.00 p.m.– 10.00 p.m. (Emergency only)

IIUM Sejahtera Clinic (Gambang Campus)

 Monday – Friday


 8.00 a.m.– 10.00 p.m. (Consultation)

 Saturday

 9.00 a.m.– 2.00 p.m. (Consultation)

*closed on Sunday & public holidays

IIUM Sejahtera Clinic (Pagoh Campus)

 Sunday – Thursday

 8.00 a.m.– 5.00 p.m. (Consultation)

*closed on Friday – Saturday & public holidays

Ilaj wa Irshad (SHAS)

 Monday – Friday: **Referral Case ONLY**

 mpuzhi@iium.edu.my /

adan_duzak@iium.edu.my



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LEADING THE WORLD



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For further inquiries, please contact the office in charge:



Counselling and Career Services Centre (CCSC),
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03-64214409



03-64214868