ULUSLARARASI KIBRIS ÜNİVERSİTESİ
CYPRUS INTERNATIONAL UNIVERSITY

TIMES HIGHER EDUCATION / IMPACT RANKINGS EVIDENCE FACT FILE

SDG 3 / INDICATOR 3.3.5
Mental Health Support

Cyprus International University • North Cyprus – Türkiye • www.ciu.edu.tr



SDG 3	3.3.5	24/7
Good Health and Well-being	Mental health support	Crisis intervention support

Purpose of this evidence file

This fact file documents the mental health support Cyprus International University (CIU) provides to its students and staff, supporting THE Impact Rankings SDG 3 measure 3.3.5. Support is delivered by the CIU Psychological Counseling and Guidance Center (PCGC), which has served the campus since 2000, and is extended by preventive workshops, Psychological Awareness Days, student clubs and information resources. The file brings together the CIU website pages, the 2025 mental health support document and the screenshots held as evidence.

INDICATOR 3.3.5

Mental health support at a glance

CIU offers free, confidential counseling to every registered student, backed by prevention programs and peer networks.

Since 2000	45–50 min	Free
Counseling center serving students and staff	Weekly individual sessions with the same counselor	For registered undergraduate, postgraduate students and staff

Headline result

Access for every student. The PCGC is open to staff, undergraduate and postgraduate students registered at CIU. Students book by visiting the center (library, LR210/LR212), by phone, by e-mail or through the student information system.

Professional and confidential. Two psychologists provide assessment and short-term individual counseling under the Turkish Psychological Association ethics regulation (2004) and the British Psychological Society guidelines (2021). Nothing is disclosed to academic or administrative staff, and personal information is not released without written consent.

Prevention and community. Awareness days, workshops, seminars and two student clubs run through the year, and the 2025 mental health document adds 24/7 crisis intervention and peer-led support groups.

Evidence scope

No.	Evidence item	Value / note
1	Individual psychological assessment and short-term counseling by licensed psychologists	Free, confidential
2	Weekly sessions of 45–50 minutes with the same counselor	45–50 min
3	Appointment routes: in person, phone, e-mail and student information system	4 routes
4	Preventive workshops, seminars and Psychological Awareness Days, 2024–2026	7 periods listed
5	Crisis intervention and peer-led support groups, stated in the 2025 mental health document	24/7 (stated)
6	Student clubs: Guidance and Psychological Counseling Club, Psychology Club	2 clubs
7	Information resources: PCGC Information Book, Adaptation to University Life, Welcome to CIU, Spot the Signs and Choose To Live	4 documents
8	Linked health services: Healthy Life Center and Health Center	Campus services

How the evidence answers the question

Access to mental health support: yes. free, confidential counseling is open to all registered students, with four booking routes and named qualified staff.

As a body: the PCGC is a CIU unit, funded and run by the university, and it organizes the awareness days and workshops itself.

Prevention and peers: workshops, awareness days, clubs and information booklets reach students who are not yet in counseling.

MENTAL HEALTH SUPPORT REGISTER

What support is provided, and how to reach it

Each service, what it covers, and where the evidence is. “Stated” means the CIU documents say it without further detail, such as hours or usage figures.

Ref.	Service	What is provided	Basis	Evidence
M1	**Individual counseling** Assessment, short-term sessions	Psychological assessment and short-term individual counseling for anxiety disorders, exam anxiety, depression, adaptation problems, phobias, stress, anger, abuse and neglect, academic problems, relationship problems, procrastination, and loss and grief. The first session assesses needs; regular weekly appointments follow.	**Published**	PCGC page PCGC overview
M2	**Confidentiality and ethics** Privacy, professional codes	Information stays between the student and PCGC staff; nothing is disclosed to academic or administrative staff, and personal information is not released without written consent. Practice follows the Turkish Psychological Association ethics regulation (2004) and the British Psychological Society guidelines (2021).	**Published**	PCGC page PCGC overview
M3	**Access and staff** Library LR210/LR212	Two psychologists, reachable on +90 392 671 1111 (ext. 2030 and 2086) and pdarem@ciu.edu.tr. Appointments by visit, phone, e-mail or the student information system (sis.ciu.edu.tr); bookings are for oneself, and cancellations free the slot for others.	**Published**	PCGC overview
M4	**Workshops and awareness days** Prevention and skills	Psychological Awareness Days in 2024, 2025 and 2026 and semester programs, including emotional intelligence training, growth mindset training, self-compassionate mindfulness, exam anxiety seminars and awareness workshops on violence against women. See the activity register.	**Published**	PCGC page
M5	**Crisis support and peer networks** 24/7 intervention, peer groups	The 2025 mental health document states 24/7 crisis intervention and peer-led support groups. The PCGC pages list no office hours or crisis procedure, so the arrangement behind the 24/7 statement should be documented.	**Stated**	
M6	**Student clubs** PCG Club, Psychology Club	Two peer-led clubs extend knowledge about psychological counseling and social issues, each with a faculty advisor and student officers.	**Published**	Student clubs page
M7	**Information resources** Guides and booklets	PCGC Information Book, Adaptation to University Life, Welcome to CIU, and Spot the Signs and Choose To Live are published as downloadable documents.	**Published**	PCGC page
M8	**Linked health services** Healthy Life Center, Health Center	The SDG 3 page lists the Healthy Life Center, the Health Center and further student well-being support, and states that CIU offers mental health support for students and staff.	**Published**	SDG 3 page Healthy Life Center

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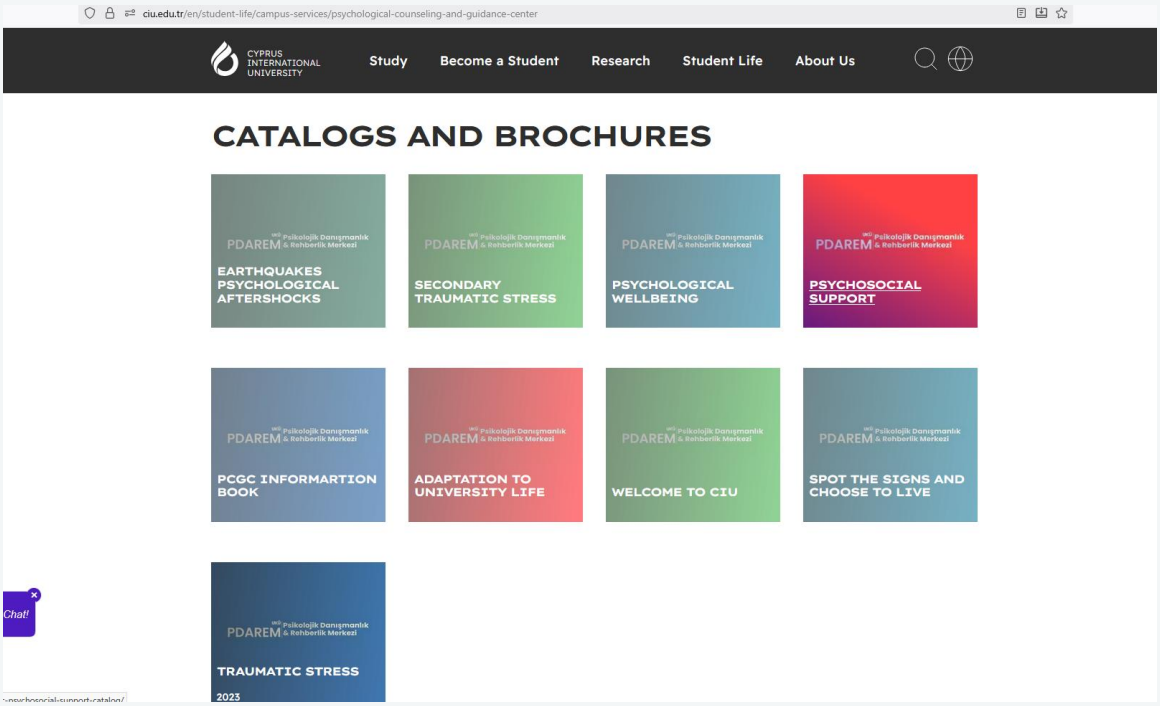
SUPPORT SERVICES

Psychological Counseling and Guidance Center

The PCGC is the access point for psychological support for students and staff.



PCGC page on the CIU website



PCGC – catalogs and brochures

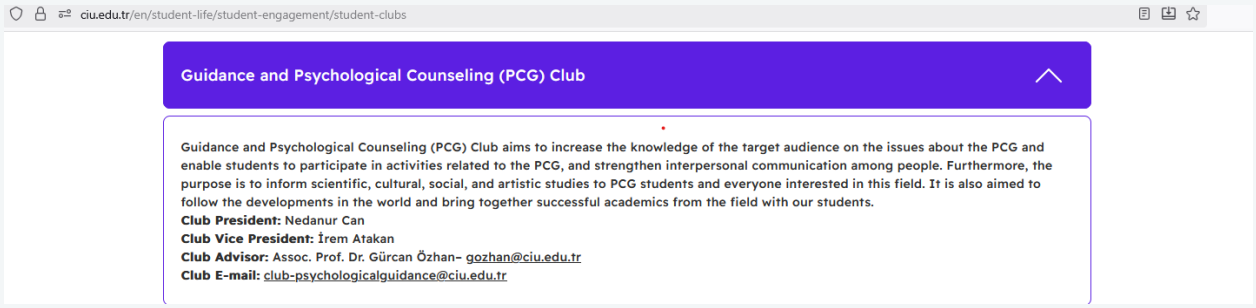
Evidence note

At CIU, psychological support is available to both students and staff, and the PCGC states that it has served the campus since 2000. Resources are accessed through the PCGC: https://ciu.edu.tr/en/student-life/campus-services/psychological-counseling-and-guidance-center

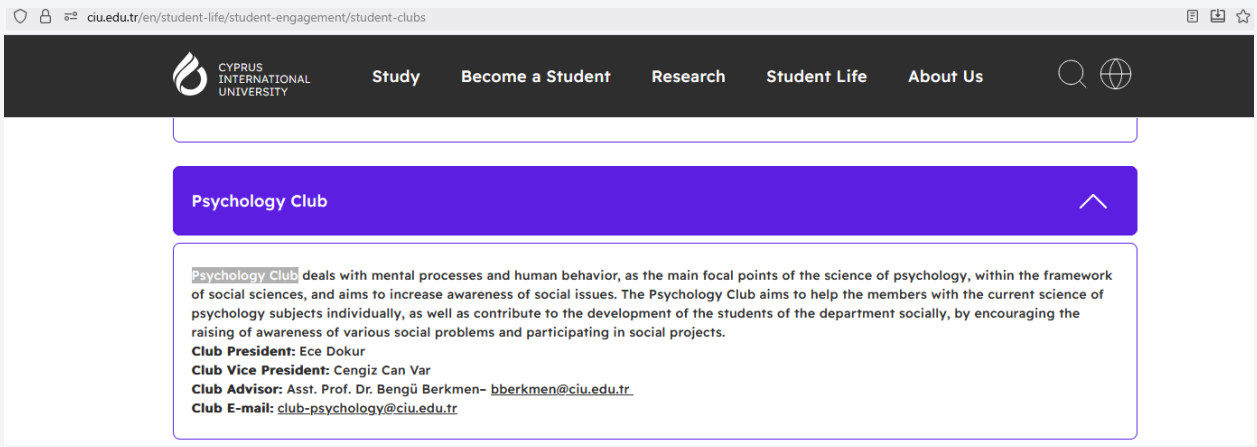
SUPPORTING EVIDENCE

Student clubs for psychological awareness

Peer-led clubs that extend knowledge about counseling and social issues.



Guidance and Psychological Counseling (PCG) Club



Psychology Club

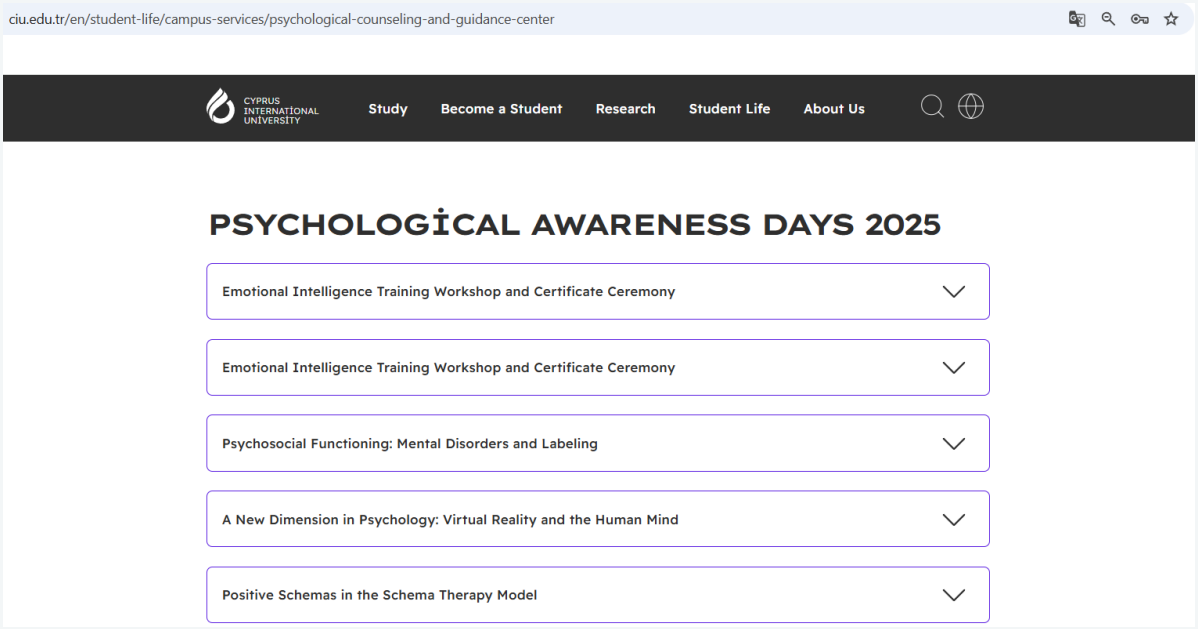
Evidence statement

Student clubs such as the Guidance and Psychological Counseling (PCG) Club and the Psychology Club provide further knowledge to students regarding psychological counseling and general social issues. Source: https://ciu.edu.tr/en/student-life/student-engagement/student-clubs

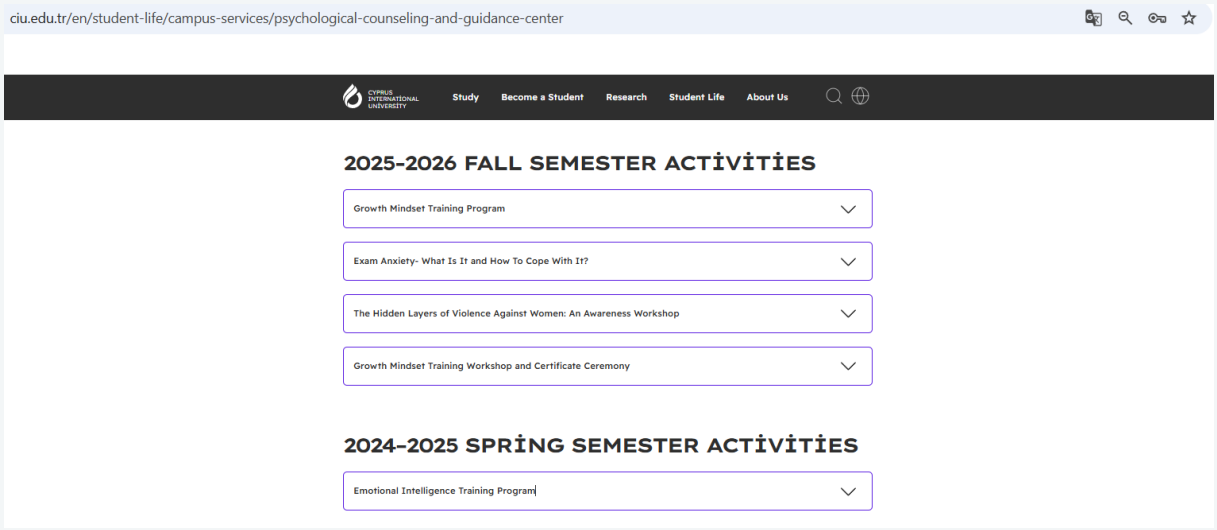
PROGRAMS AND ACTIVITIES

Psychological awareness days and activities

Awareness days and semester activities published by the PCGC, as listed on its web page.



Psychological Awareness Days 2025



PCGC semester activities, 2024–2025 and 2025–2026

Evidence note

Source: https://ciu.edu.tr/en/student-life/campus-services/psychological-counseling-and-guidance-center. The screenshots show the 2025 page; the live page now also lists Psychological Awareness Days 2026 and the 2025–2026 semester programs.

ACTIVITY REGISTER

Activities by period, and what to strengthen

Awareness days and semester programs from the PCGC page, and gaps found when comparing the document with the CIU website.

Period	Activities listed	Items
Awareness Days 2026	Emotional Intelligence Training certificate ceremony and workshop; Self-Compassionate Mindfulness workshop; wearable technology and psychological well-being case analysis	3
Awareness Days 2025	Emotional Intelligence Training workshop and certificate ceremony; Mental Disorders and Labeling; Virtual Reality and the Human Mind; Positive Schemas in Schema Therapy	4
Awareness Days 2024	Growth Mindset workshop; What psychology offers (Turkish session); Güneşe Uzanan Eller documentary; Alternative work opportunities in psychology (SOS); Love, Marriage and Infidelity	5
2025–2026 Spring	Emotional Intelligence Training Program; Rights, Health and Psychology: Women in Northern Cyprus	2
2025–2026 Fall	Growth Mindset Training Program and workshop with certificate ceremony; Exam Anxiety; Violence Against Women awareness workshop	4
2024–2025 Spring	Emotional Intelligence Training Program	1
2024–2025 Fall	Growth Mindset Training and certificate ceremony; Exam Anxiety seminar; Post-Graduation Anxiety and Interview Preparation seminar	4