



**BAKU
ENGINEERING
UNIVERSITY**

Health Support Services

At Baku Engineering University (BEU), the health and well-being of students are recognized as essential pillars for academic success, personal growth, and sustainable development. BEU takes a holistic approach to student welfare, integrating physical, mental, and social well-being into the fabric of campus life. The university offers comprehensive on-campus health and psychological support services, ensuring that students have access to professional care when they need it. Mental health awareness is actively promoted through workshops, peer support initiatives, and stress management programs—creating a safe, inclusive, and stigma-free environment.

For more information please see: <https://beu.edu.az/en/page/sdg-good-health-443/>

On-Campus [Medical Centre](#)

Baku Engineering University's on-campus medical center is fully equipped with essential healthcare tools and staffed by experienced medical professionals, including at least one doctor or nurse at all times. This facility is committed to meeting the immediate health concerns of students while promoting a safe and supportive atmosphere. The university's Polyclinic delivers medical care to students, faculty, and staff, with a dedicated team comprising 1 doctor and 1 nurse.

Services provided include:

- ✓ Urgent care and initial medical assistance
- ✓ Primary health assessments and consultations
- ✓ Ongoing management of chronic illnesses
- ✓ Referral services to medical specialists when necessary
- ✓ Advice on maintaining overall health and well-being

- ✓ Therapy
 - ✓ Ophthalmology
 - ✓ Dentistry service (for a toothache)
 - ✓ Cardiology support
-

Services

Therapy

- General health consultations and management of chronic conditions.

Ophthalmology

- Eye refraction testing

Rheumatology

- Comprehensive care for rheumatic conditions.

Otorhinolaryngology (ENT)

- Services for ear, nose, and throat-related health concerns.

Cardiology

- Electrocardiograms (ECG) using a three-channel electrocardiograph
-

Location & Operating Hours:

- **Location:** [Baku Engineering University](#)
 - **Hours:** Monday to Friday, 9:00 AM – 5:30 PM
-

Promoting Nutritious and Budget-Friendly Dining Options for a Vibrant Campus Life

Providing healthy and affordable food options across campus is essential to supporting student wellness, academic achievement, and sustainable practices. At Baku Engineering University, we are committed to ensuring that nutritious meals are readily available to our students, faculty, and staff. Our strategy is built around several core initiatives:

1. **Varied and Health-Conscious Meal Selections** – We strive to provide a wide range of nutritious meals, including vegetarian, vegan, and culturally inclusive dishes, to accommodate diverse dietary needs and preferences.
2. **Cost-Effective Dining** – By partnering with campus dining providers and food vendors, we offer affordable meal plans, student discounts, and budget-conscious daily specials.
3. **Sustainable and Local Ingredients** – Emphasizing sustainability, we source ingredients from local producers to lower our environmental footprint and support the regional economy.
4. **Promoting Nutritional Literacy** – We run educational initiatives such as workshops, digital displays, and collaborations with nutrition experts to help students make informed food choices.
5. **Responsive Feedback Channels** – Student and staff input is regularly collected to refine our dining services, enhance menu quality, and better meet campus expectations.
6. **Enhanced Dining Accessibility** – We are expanding healthy food access through more vending options, convenient grab-and-go stations, and extended dining hours to suit a variety of schedules.

Integrated Health and Wellness Services

On-Campus Healthcare Access for All:

- Our health centers are well-equipped to provide a wide array of services, including regular health screenings, vaccinations, emergency care, and specialized medical support. Staffed by qualified healthcare professionals, these facilities are designed to address the specific health needs of the campus community.

Routine and Preventive Medical Care:

- Focused on early detection and prevention, our services offer routine health assessments, wellness consultations, and tailored care plans. This proactive strategy aims to address potential health concerns before they develop into larger issues.

Collaborative Health Support:

- Understanding the connection between physical health and mental/emotional well-being, we offer integrated care services. This includes convenient access to mental health counseling and support resources all within the same facilities

Health Knowledge Programs:

- We provide workshops, seminars, and online resources on key topics like nutrition, fitness, stress management, and preventive care. These programs are designed to empower the campus community with the knowledge needed to make informed health choices.

Community Involvement and Outreach:

- Through health fairs, awareness campaigns, and interactive sessions with professionals, we actively involve the community in health promotion. These initiatives help cultivate a wellness-oriented culture and promote preventive health practices.

Ensuring Access to Sexual and Reproductive Health-Care Services and Education on Campus

At Baku Engineering University, we are dedicated to fostering the health and well-being of our students, faculty, and staff by offering comprehensive sexual and reproductive health services, along with strong educational and awareness programs. Our strategy emphasizes accessibility, inclusivity, and confidentiality to ensure a safe and supportive atmosphere for everyone.

- **On-Campus Health Services:**

Our campus clinics deliver professional, confidential, and judgment-free care related to sexual and reproductive health, including consultations, screenings, and referrals to specialized providers when necessary.

- **Contraceptive Access and Safe Practice Promotion:**

We provide access to contraceptive advice, family planning materials, and preventive services to empower individuals to make informed choices.

- **Sexually Transmitted Infection (STI) Testing and Care:**

Routine testing, treatment options, and preventive services such as HPV vaccinations are available to help students and staff safeguard their health.

- **Maternal and Reproductive Health Support:**

Medical assistance and advice are offered for pregnancy-related issues, menstrual health, and other aspects of reproductive wellness.

- **Inclusive Sexual Health Education:**

Through workshops, seminars, and online resources, we share evidence-based knowledge about sexual health, consent, relationships, and reproductive rights.

- **Private Counseling and Support Services:**

Students can meet privately with trained counselors to address personal matters related to sexual and reproductive health in a secure, confidential environment.

- **Awareness Drives and Peer Education Initiatives:**

Ongoing campus-wide campaigns aim to eliminate stigma, promote informed decision-making, and encourage open conversations about sexual health and overall well-being.

Ensuring Access to Mental Health Support for Staff and Students

At Baku Engineering University, we understand that mental well-being is crucial for academic achievement, career development, and a fulfilling life. We are dedicated to offering accessible and inclusive mental health services to our students and staff, while nurturing a supportive and caring campus community.

On-Campus Counseling and [Psychological Support](#)

- Professional mental health counselors are available to offer private, one-on-one support sessions for students and staff dealing with stress, anxiety, depression, or other mental health concerns.

- Group therapy sessions and peer support networks encourage open dialogue and shared healing experiences.

24/7 Crisis Intervention and Emergency Support

- Immediate mental health support is accessible for individuals facing crises, providing swift intervention and assistance.
- Helplines and digital support services ensure continuous, round-the-clock help.

Mental Health Workshops and Training Programs

- Regular workshops on stress management, resilience, mindfulness, and emotional intelligence equip students and staff with practical coping skills.
- Mental health education initiatives work to raise awareness and break down the stigma surrounding mental health care.

Integration of Mental Health into Academic and Workplace Practices

- Flexible academic and workplace arrangements are offered to support mental health needs, including options for counseling leave and adjusted workloads.
- Collaboration with faculty and supervisors fosters a learning and working environment that prioritizes mental well-being.

Confidential, Inclusive, and Supportive Services

- All mental health services uphold the highest standards of confidentiality, ensuring a safe, judgment-free space for those seeking assistance.
- Counseling services are culturally sensitive and tailored to meet the diverse needs of the university community.

Collaboration with External Mental Health Providers

- Partnerships with external mental health organizations, NGOs, and medical centers enhance the range of services available, including access to specialized care when necessary.

Psychological Support Services

Alongside our physical health services, we place strong emphasis on mental well-being. Our Psychological Support Services are available to assist students in managing challenges, coping with stress, and maintaining a healthy, balanced life. The Psychological Assistance Sector at Baku Engineering University is committed to promoting the professional and personal growth of both students and staff by safeguarding and enhancing their mental health. It also focuses on helping students realize and achieve their full potential.

Designed specifically for the Baku Engineering University community, the Psychological Assistance Sector conducts training sessions on topics such as Stress and Stress Management, Depression, Psychosomatic Conditions, Relationship Dynamics, and Personal Development.

The services offered include consultations and support for Mood Disorders, Sleep Disorders, Family and Relationship Counseling, Anxiety Disorders, Post-Traumatic Stress and related conditions, Sexual Health Concerns, Couple Therapy, and Addiction Counseling.

Available Services:

- One-on-one counseling sessions
- Group workshops focused on stress management and building resilience
- Crisis intervention support

- Referrals to external mental health professionals when needed

Accessing Services:

- Students can book an appointment by reaching out to the Psychological Support Office.
 - Walk-in hours are offered for immediate or urgent needs.
-

Location & Operating Hours:

- **Location:** Baku Engineering University, Main Building
 - **Hours:** Monday to Friday, 9:00 AM – 5:30 PM
-

Contact Us

If you want to join [PsychoSupport Student Club](#) please visit.

If you have any questions about our health or psychological support services or require assistance:

- **Phone:** (+994 12) 349 99 66/67, +994517660078
- **Email:** tgt@beu.edu.az info@beu.edu.az

Visit: Baku Engineering University, Prefab Building 2, Room 4202.