



UZBEKISTAN STATE WORLD LANGUAGES UNIVERSITY

Student Access to Mental Health Support

Free, confidential support | 24/7 access | Diagnosis, prevention, counseling | 2025

Students may contact the University Psychologist, Ms Zebiniso Tokhirovna Khairullaeva, directly and free of charge, without requiring a referral from a faculty representative or another university unit. Students can seek support in person or contact the psychologist by telephone or email, as published on the University's official website. The psychological support service is available to students 24 hours a day, seven days a week.

Services provided

The University's official Psychological Service provides:

- Individual psychological counseling.
- Psychodiagnostic assessments and psychological testing.
- Psychoprophylactic support.
- Psychocorrectional interventions.
- Group counseling and psychological training.
- Support with stress, anxiety and depressed mood.
- Assistance with personal, social and academic adaptation problems.
- Support for students experiencing family difficulties, social isolation, violence or other crisis situations.

The University guarantees the confidentiality of information obtained during consultations between students and the psychologist. The psychological service is also supported by faculty tutors, Women's Committee representatives and the University's Social and Psychological Environment Unit. These representatives help identify students who may require assistance, while students retain the right to contact the psychologist directly.

Scale of support, 2025

The University's 2025 Psychological Service Report demonstrates that mental health support is implemented through a structured combination of diagnosis, prevention, counseling and corrective intervention. During 2025, the University recorded the following:

- Psychological training and targeted diagnostic activities were conducted across 1,119 academic groups.
- 874 group-based preventive sessions were delivered.
- 361 students received individual psychocorrectional support for anxiety, depressive states and behavioral difficulties.
- Psychological consultations were provided to 8,677 students, as well as 246 academic staff and 76 other employees.
- 41 psychological awareness and information activities were conducted.
- The psychologist made 64 visits to student dormitories.
- 64 individual support conversations were held with orphaned students and students deprived of parental care.

Dated evidence

- 26 August 2025 — the University approved its psychological service work plan for the 2025 academic year.
- 9 September 2025 — first-year students were informed about access to individual counseling, group training, anonymous surveys and psychological testing.
- 22 September 2025 — psychological work was conducted in student accommodation to identify emotional, personal and social difficulties and provide timely support.



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Psychologist's meeting with first-year students, 9 September 2025 (left); psychological work in student accommodation, 22 September 2025 (right)

- 23 and 25 September 2025 — preventive activities addressed psychological stability, violence prevention, stress, depressed mood and the importance of seeking professional help.
- 20 October 2025 — students received guidance on stress management, motivation, academic difficulties and circumstances requiring individual support.
- 3 November 2025 — a psychological training program was conducted for residents of Student Dormitory No. 1, focusing on emotional resilience and constructive stress management.
- 11 November 2025 — a motivational and psychological initiative supported students' psycho-emotional balance, internal motivation and social-emotional wellbeing.



Guidance session with students, 20 October 2025 (left); psychological training in a student residence, November 2025 (right)

Connection to medical care

Students requiring urgent medical attention may also approach the University Medical Unit directly, free of charge. Qualified doctors and nurses provide round-the-clock initial medical assistance and, when specialized treatment is required, students are referred to the University's partner, City Clinical Hospital No. 16.

Official sources

- UzSWLU Psychological Service — <https://uzswlu.uz/en/psychological-service>