

Health and Wellbeing Services

Canadian University Dubai prioritizes the health and well-being of its students, faculty, and staff through various services and policies.

Health Centre: CUD provides free basic medical services at the on-campus Health Centre. Two qualified nurses are available during university hours, and a medical doctor visits weekly for consultations. The nurses provide first aid, care for minor illnesses/injuries, advocate for health, sexual and reproductive health-care services, and offer health promotion and counseling. For serious issues, students will be referred to external health providers on the Health Centre's recommendation. The Centre assists students in obtaining the Government Medical Health Card and provides information on private insurance. For more information, visit the [Health Centre page](#) on CUD's website.

Mental Health Support and Counselling Services: The Office of Student Affairs addresses psychological needs through presentations (e.g., stress management) and confidential, individual counseling sessions with professionally trained counselors. Students facing emotional, psychological, or social issues can access this support. Referrals to outside professionals are made when necessary. For more information, [get in touch with our counsellor](#).

Occupational Health & Safety: CUD is committed to a safe and healthy work and study environment, adhering to UAE laws and best practices. The Occupational Health, Environment and Safety (OHES) Policy in the [CUD Policy and Procedure Manual](#) outlines measures to protect against hazards, prevent pollution, conserve resources, and ensure compliance with safety regulations. This includes identifying and managing risks, promoting safety awareness, providing necessary resources, and enforcing safety protocols. Specific procedures address fire safety and laboratory safety.

Fitness and Wellbeing for Students: We offer a variety of discounts and offers for students to access physical healthcare services such as gyms, fitness centers, and clinics through our [CUDeals program](#). CUD also organizes team sports activities such as football and basketball. We also collaborate with fitness centers around the campus, such as Drop 10 and Fitness Zone, for events and activities. Additionally, we are in the process of opening a gym.

Student Activity Safety: A dedicated Health and Safety Policy for Student Activities in the [CUD Policy and Procedure Manual](#) and the [Student Handbook](#) ensures safety during on-campus and off-campus events (like sports) through safety orientations, proper supervision, first aid availability, emergency plans, and guidelines for student conduct and responsibility.

Healthy and Affordable Food Choices: As part of its commitment to student wellbeing, CUD offers a variety of discounts and offers of healthy and affordable food options through our [CUDeals program](#). Additionally, we are in the process of opening a CUD cafe to provide balanced meal options with clearly labeled nutritional values for all CUD staff and students. The University prioritizes affordability, particularly for students from lower-income backgrounds, by offering specific affordable food options and exploring discounts. CUD also supports local and sustainable food systems by prioritizing the purchase of products from local, sustainable sources whenever feasible. See [a short video here](#) on CUDeals around campus.

Smoke-Free Campus: As per the [CUD Policy and Procedure Manual](#), [Staff and Admin Handbook](#), and the [Student Handbook](#), CUD maintains a smoke-free environment to promote health, with designated outdoor smoking areas. Enforcement includes a warning system for violations.

Related Past Events and News

- [Past Breast Cancer Awareness Events Gallery](#)
- [International Women's Day Workshop Discusses Sexual Harassment at Work](#)

- [CUD Joins Cancer Awareness Campaign](#)
- [CUD Students Address the Stigma of Mental Health through Innovative Research](#)
- [CUD Students Research and Debate Impacts of Social Media on Mental Health](#)
- [MCM - Prevalence of Mental Health Disorders in the Youth](#)
- [CUD Promotes Student Happiness with Wellness Wednesdays](#)