

Unlock Your Full Potential with ICAS EAP Program



Mental Health Support



Access services to manage stress, anxiety, depression, and other mental health issues that may arise due to academic pressures search stress

Work-Life Balance



EAP offers guidance for a balanced work-life, crucial for managing academics, jobs, and transitioning to the workforce

Financial Consultation



This can be valuable when managing student loans and budgets, as well as if you are learning to handle their finances independently

Stress Management



Academics and work stress affect you. EAP provides techniques to manage and reduce stress effectively

Personal Growth



Can assist you in setting personal development goals and creating strategies to achieve them. This is relevant if you are looking to enhance your skills

Health and Wellness Program



Offers wellness coaching such as fitness nutrition guidance, and life coaching support. These components can contribute to a healthier and more balanced lifestyle

Support for Life Transitions



Assists in big life changes: relocating, post-graduation, or major shifts. Supportive resources ease transitions

Emotional Well-being



Moving from student to professional life is daunting. EAP aids adapting, tackling challenges, and boosting resilience—especially for new grads

NEED SUPPORT? Call Us!

Email us at youricasmena@icasworld.com to request a call back

Bahrain: 800 810 48	Oman: 800 77 179
Egypt: 0150 169 2155	Pakistan: 0080090044081
Jordan: 0800 22193	Qatar: 00 800 100 250
KSA: 800 844 7840	UAE: 8000 120 120
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