

Hayat

Federal Authority for Government Human Resources provide moral support to all employees of the federal government, the launch of the “Hayat” program aims to reduce the consequences that may result from the exceptional circumstances that the world is going through, and the pressures, challenges that may affect the mental and social life.

The launch of Program for the Federal Government employees “Hayat” in cooperation with a social and psychological support centers specializing in providing counseling and support in mental and moral health, in accordance with the cooperation agreement concluded between the Federal Authority for Government Human Resources and the competent centers.

Accordingly, employees of the federal government can communicate and request support for mental and moral advice through one of the approved communication channels to obtain employees discount or sometimes free consultations, or to obtain a discount includes employee families from first class (spouses, children and parents) when using the paid services.

“Hayat” program is based on following main points:

- Promoting institutional awareness of the importance of mental and moral health of employees.
- Enabling the employee to achieve a balance between work and social life with and to make sure providing the necessary moral and psychological care for all employees.
- Create the required balance for employees intellectually, physically, and emotionally.
- Emphasizing the values of compatibility between institutional and functional goals on the one hand and personal aspirations on the other.

Areas of Support

“Hayat” program provides psychological and moral counseling services in the following areas of mental health:

- Stress and anxiety
- Family and personal relationship problems
- Anger management problems
- shocks
- Self-esteem
- frustration
- peer pressures at work
- phobia
- Life Coach

Program Partners

“Hayat” initiative is a service dedicated to providing basic services for psychological and moral support to federal government employees in partnership with:

- [Life Workers](#)

- [Hakkini](#)
- [Takalam](#)

Supported by:
[Federal Authority For Government Human Resources](#)
