

GLS/C/1221-26

CIRCULAR

01 April 2026

DHA "ITMA'EN" INITIATIVE – COUNSELLING AND PSYCHOLOGICAL SUPPORT HOTLINE

Dear Parents,

We would like to inform you that the Dubai Health Authority (DHA), in collaboration with the Community Development Authority (CDA), has introduced a counselling and psychological support hotline as part of the "*Itma'en*" (*Rest Assured*) initiative in the Emirate of Dubai.

This initiative has been launched in response to the current circumstances, where increased attention to mental health and emotional well-being is essential.

The hotline offers free psychological support with complete confidentiality. The service is available to:

- Parents
- Medical staff
- The wider school community, including students, staff, and administrators

Support is provided by a specialised team of consultants who are proficient in both Arabic and English.

Hotline Details:

- **Number:** 800506
- **Timings:** Daily from 9:00 AM to 12:00 midnight

We encourage all members of our school community to make use of this valuable service whenever needed.

Thank you for your continued support.

Warm regards,



Asha Alexander أشا ألكسندر

Principal مديرة المدرسة

Executive Leader - Climate Change الرئيس التنفيذي - تغير المناخ