



DO YOU NEED SOMEONE TO TALK TO? WE ARE HERE TO LISTEN

Urdaneta City University (UCU) launched a comprehensive mental health support program aimed at providing essential resources and assistance to both students and staff members. The initiative comes as part of the university's ongoing efforts to address the growing importance of mental well-being within academic environments. UCU's administration highlighted the significance of supporting mental health amidst the pressures of academic life, work-related stress, and societal challenges. As part of the initiative, the university have licensed counselors and mental health professionals to ensure that students and employees receive the care and attention they need.

The program emphasizes confidentiality and accessibility. Students and staff can schedule private sessions with professional counselors through an easy-to-use online platform. UCU has also committed to providing mental health services at no additional cost to students and employees, ensuring that financial barriers do not prevent anyone from seeking help.



Need someone to talk to? Are you experiencing psychological distress or do you have school concerns?

The UCU-Psychological Assessment and Counseling Center is here for you. Contact them thru the links below.

By signing the Counseling Interview Form, you are giving your CONSENT to allow us to use your information solely for the purpose of providing you with the mental health support services that we offer. All given information will be treated with utmost confidentiality.

<p>JINE ROSE P. CASTILLO Irr-Associate</p> <ul style="list-style-type: none"> College of Arts and Sciences College of Teacher Education <p>Form Link: https://forms.gle/R5AJ@GxCK7HmLK7</p> <p>Facebook Account: https://www.facebook.com/xtinecastillo</p>	<p>GETTE G. GEDORIA, RPh Irr-Associate</p> <ul style="list-style-type: none"> College of Information and Technology Education College of Pharmacy <p>Form Link: https://forms.gle/Akw4t5YU9huIK4719</p> <p>Facebook Account: https://www.facebook.com/georgetteg</p>	<p>N. GRUPO Irr-Associate</p> <ul style="list-style-type: none"> College of Business Management and Accountancy, BS-CP College of Engineering and Architecture <p>Form Link: https://forms.gle/qzH53xk5FHDaWVA</p> <p>Facebook Account: https://www.facebook.com/gruponigina</p>
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URDANETA CITY UNIVERSITY
Owned and operated by the City Government of Urdaneta

PSYCHOLOGICAL ASSESSMENT AND COUNSELING CENTER

MONETTE SORIANO-LOCQUIAO, RGC
Guidance Director

- Institute of Graduate and Advanced Studies

Form Link:
<https://forms.gle/RosRUZUuLLP7U1yD8>

Facebook Account:
<https://www.facebook.com/monette.locquiao.376>

2nd Semester
2021-2022

The mental health support initiative is just one of many steps UCU is taking to ensure that students and staff can succeed in both their academic and personal lives. As part of its ongoing development, the university is exploring further opportunities to expand these services, including the integration of peer counseling programs and partnerships with local mental health organizations.

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