

UP DILIMAN MENTAL HEALTH DIRECTORY

For students and staff needing psychosocial support and rehabilitation

UPD Office of Counseling and Guidance

Room 3208 CAL Pavillion 3, UP Diliman

(02) 8981 8500 local 4502

ocg.updiliman@up.edu.ph

SCHEDULE

Monday - Friday

8:00 AM - 5:00 PM

FEES

Free for UP Students and Staff

For students and staff with diagnosed mental health conditions or for psychiatric assessment

UPD Psychosocial Services

Room 209B Lagmay Hall, UP Diliman
(0916) 757 3157 | (0906) 374 3466
psycserv.upd@up.edu.ph

SCHEDULE

Monday - Friday
8:00 AM - 5:00 PM

FEES

Free for UP Students and Employees

For students and staff with diagnosed mental health conditions or for psychiatric assessment

University Health Service

Laurel Ave, UP Diliman, Quezon City

8981-8500 loc. 111 (*emergency*)

8981-8500 loc. 2702 (*telemedicine*)

uhs.updiliman@up.edu.ph

lusogisip.uhs@gmail.com

SCHEDULE

Schedule an appointment with Dr. Dinah

Nadera, University Psychiatrist, through

uhs.appointlet.com

For students and staff needing psychosocial support and rehabilitation

UPD Ugnayan ng Pahinungod

psp.updpahinungod@gmail.com

SCHEDULE

Monday - Friday

8:00 AM - 5:00 PM

FEES

Free for UP Diliman Students, Faculty,
REPs, Staff, Alumni, and Families

For emergency cases, crisis hotlines (24/7 services)

PGH Psychiatry Ward

Ward 7, PGH, Taft Avenue, Manila

(02) 8554 8400

pghpsychiatry@gmail.com

free for UP students

National Center for Mental Health

9 de Pebrero St., Mauway, Mandaluyong

(02) 8531 9001

bit.ly/ncmh_rates