



UNIVERSITY OF THE PHILIPPINES

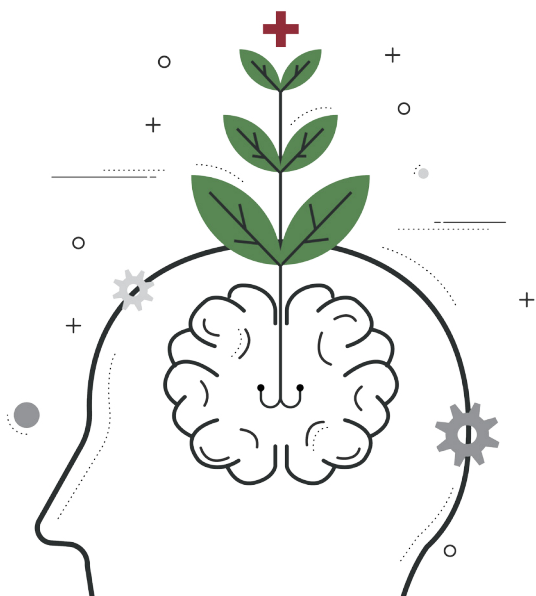
# DIRECTORY OF MENTAL HEALTH SERVICE PROVIDERS

UP Student Affairs and Services



Training and Advocacy Programs  
for Mental Health

*"Isapuso ang kalusugang pangkaisipan"*



**Directory of Mental Health Service Providers  
Version 10 (May 2021)**

Prepared by the UP Office of Student Financial Assistance  
Room 8 UP School of Labor and Industrial Relations, UP Diliman Campus, Quezon City 1101  
For inquiries, kindly email [wellness.osfa@up.edu.ph](mailto:wellness.osfa@up.edu.ph)

# UNIVERSITY OF THE PHILIPPINES

## Directory of Mental Health Service Providers

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# UP STUDENT MENTAL HEALTH AND WELLNESS NETWORK

## RESPONDING TO THE COVID-19 SITUATION

The COVID-19 Pandemic has affected all educational institutions in the Philippines. To curb the infection rate, schools and universities closed residential campuses. The closure necessitated sending home students to observe the community quarantine policies. The closures also meant operating under work from home arrangements and attending to students' needs remotely.



The Pandemic introduced different challenges for UP students that could be detrimental to their Mental Health. According to Republic Act No. 11036, Mental Health is a state of well-being in which the individual (1) realizes one's abilities and potentials, (2) copes adequately with the everyday stresses in life, (3) displays resilience in the face of extreme life events, (4) works productively and fruitfully, and (5) can make a positive contribution to the community. During the UP System-wide Consultation organized to document experiences of students, care for Mental Health was identified as one of main concerns. Even when UP students are at home, mental health can decline due to individual factors and changes caused by the shift in teaching modes. Support mechanisms are needed to help students cope with the stresses brought about by the Pandemic and the shift to remote teaching and learning.

Even before the Pandemic, the different campuses of UP have engaged Mental Health service providers. However, a broader network is needed to respond to the diverse mental health needs of students. The UP student population is composed of individuals from a varying spectrum of mental health states. Given this, there is a need to expand the pool of Mental Health Service Providers of UP to respond to various mental health concerns.

The UP Student Mental Health and Wellness Network aims to facilitate the delivery of and access to needed mental health and psychosocial support services for UP students. The Network is expected to increase the availability of Mental Health Service Providers in the different CUs who can (1) provide psychosocial support and services for students and other University stakeholders, and (2) facilitate referral for treatment and other interventions. By consolidating Mental Health service providers in every UP Constituent University (CU) into a UP System Network, UP students and Student Affairs personnel can be given access to professional help even when they are in their respective homes.

## DIRECTORY OF MENTAL HEALTH SERVICE PROVIDERS

To support the creation of this Network, the UP Student Affairs and Services units prepared a *Directory of Mental Health Service Providers*. Mental Health Service Providers are persons and organizations that offer a range of mental health support services. They include professionals and workers, counselors, advocates, and individuals who can offer non-medical alternative therapies. The Directory is a compilation of information on Mental Health Service Professionals and Workers recommended by UP CU Student Affairs units.

The UP Directory of Mental Health Service Providers provides vital information to link students with persons and organizations that can offer various psychosocial support and services even when they are at home. The material can also aid Student Affairs personnel when referring students to mental health service providers near an area for treatment and other interventions.

The Directory provides information on Mental Health Service providers who can offer support and care to students from different mental health states. The individuals and organizations in this Directory are grouped as follows:

## Category 1: Mental Health Service Providers for students with Mental Health concerns

Mental Health Service Providers for stakeholders **with mental health problems and concerns** but are not diagnosed with a mental health condition. Professionals, workers, and organizations under this category are equipped to provide services to stakeholders with poor mental health. They can:

- Provide counseling and case management for students with poor mental health;
- Provide suicide prevention and postvention for suicide survivors;
- Provide other related mental health services for stakeholders with poor mental health;
- Liaise social support with stakeholders on ways to improve their mental health concerns;
- Liaise stakeholder's concerns with the academic staff of the University; and
- Provide appropriate referral to other Mental Health Service Providers as deemed necessary

## Category 2: Mental Health service providers who can provide care for students with diagnosed Mental Health condition

Mental Health Service Providers equipped to assist individuals with mental health problems and diagnosed with a mental health condition. Individuals and organizations in this category are equipped to accommodate students and stakeholders **with mental disorders**. They can:

- Provide counseling and case management for students with mental health concerns and mental disorders;
- Provide any of the following mental health services:
  - Assessment and diagnosis of mental disorders,
  - Suicide prevention and postvention for suicide survivors,
  - Provision for psychological therapies specific for a diagnosed mental disorder,
  - Prescription of medication, or
  - Other related mental health services for stakeholders with mental disorders.
- Liaise social support with stakeholders on ways to improve their mental health concerns;
- Liaise stakeholder's concerns with the academic staff of the University; and
- Provide appropriate referral to other Mental Health Service Providers as deemed necessary

## Category 3: Mental Health service providers who can provide Psychosocial Rehabilitation

Professionals and workers who can provide psychosocial rehabilitation to stakeholders diagnosed with a mental health condition, but with improving / improved condition. Mental health service providers assigned in this category can:

- Provide psychosocial rehabilitation, such as academic reintegration, occupational rehabilitation, and economic support;
- Provide suicide prevention and postvention for suicide survivors;
- Provide counseling and case management for students in need of psychosocial rehabilitation;
- Liaise social support with stakeholders on ways to improve their mental health concerns;
- Liaise stakeholder's concerns with the academic staff of the University; and
- Provide appropriate referral to other Mental Health Service Providers as deemed necessary.

The Directory will be updated from time to time to expand the pool of Mental Health Services Providers who can provide care and support to UP students and other stakeholders.



## Category 1: Mental Health Service Providers for students with Mental Health concerns

Individuals and organizations in this category are trained to provide services to stakeholders with **poor mental health**. They can:

- Provide counseling and case management for students with poor mental health;
- Provide any of the following mental health services:
  - Suicide prevention and postvention for suicide survivors, or
  - Other related mental health services for stakeholders with poor mental health
- Liaise social support with stakeholders on ways to improve their mental health concerns;
- Liaise stakeholder's concerns with the academic staff of the University; and
- Provide appropriate referral to other Mental Health Service Providers as deemed necessary

### UP BAGUIO

### CORDILLERA ADMINISTRATIVE REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Aurora P. Parcasio, RGC</b> Head, OCG	UPB Office of Counseling and Guidance (OCG) UP Baguio	09563788834 (Globe) 09198701955 (Smart) apparcasio@up.edu.ph ocg.upbaguio@up.edu.ph apparcasio@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students and Staff
<b>Julie E. Tuguinay, RGC</b>	Office of Counseling and Guidance UP Baguio	09065708557 (Globe) jetuguinay@up.edu.ph <a href="https://www.facebook.com/patnubay.upbocg/">https://www.facebook.com/patnubay.upbocg/</a>	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students and Staff
<b>Liza A. Ngiao, RGC</b>	Office of Counseling and Guidance UP Baguio	09993026003 (Smart) 09669085265 (Globe) langiao@up.edu.ph <a href="https://www.facebook.com/patnubay.upbocg/">https://www.facebook.com/patnubay.upbocg/</a>	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students and Staff



<b>Dr. Lai Gorospe Jara</b>	Health Services Office UP Baguio	(074) 442 0363	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students and Staff
<b>College of Social Sciences Psych Department</b>	UP Baguio	Dr. Nancy Florendo (Faculty Member) Prof. Rozel Balmores-Paulino (Faculty Member) (074) 442 2427	On-call	Free for UP Students and Staff
<b>Baguio General Hospital (BGH) Psychiatry Out-patient Dept.</b>	Marcos Highway, Baguio City	Doctor on duty	8:00 AM to 3:00 PM	Free consultation Prescribed medicines to be bought by the client from pharmacies
<b>Community Partners / Private Clinic</b>	Benguet Laboratories, Harrison Road	Dr. Silva Tsuchiya (0998) 530 9388  Dr. Jean Sibayan Dr. Genna Hipolito (074) 442 2337	By Appointment	Professional Fee: P1,200 Consultation fee: P800 to P1,500
<b>Philippine Mental Health Association Baguio –Benguet</b>	BGH Exit Road Marcos Highway, Baguio City	(0917) 517 2083	By Appointment	Testing Fees: P1,000 – P 6,000, depending on psychological test

## UP CEBU

## REGION VII – CENTRAL VISAYAS REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Maglasang, Annabelle, RGC</b>	UPC Office of Student Affairs (OSA) UP Cebu	(032) 232 8187 (0921) 573 5808 agmaglasang@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Olita, Cipriano, RGC</b>	UPC OSA	(032) 232 8187 (0932) 497 3634 cvolita@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Pelonio, Jeffrey, RGC</b>	UPC OSA	(032)2328187 09334669217 jdpelonio@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Saturinas, Jaseluh RGC</b>	UPC OSA	(032) 232 8187 (0933) 878 1501 jrsaturinas@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students

## UP DILIMAN

## NATIONAL CAPITAL REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>UPD Office of Counseling and Guidance</b>	Room 3208 CAL Pavilion 3, UP Diliman, QC	(02) 8981 8500 local 4502 ocg.updiliman@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students and staff
<b>Quezon City General Hospital Department of Psychiatry</b>	Seminary Rd, Project 8, Quezon City, Metro Manila	<a href="https://www.facebook.com/Department-of-Psychiatry-QCGH-109835784076605">https://www.facebook.com/Department-of-Psychiatry-QCGH-109835784076605</a>	Monday to Friday 8:00 AM to 5:00 PM	40.00 pesos per consult online.
<b>Mindcare Club</b>	2nd Floor, Urban Turf, Ayala UP Town Center, Katipunan Ave, Quezon City, 1108 Metro Manila	<a href="https://mindcareclub.org/">https://mindcareclub.org/</a>	Monday to Sunday 8:00 AM to 5:00 PM	P895.00 initial session, then P1500 upwards. private, online
<b>UPD PsycServ</b>	209B Lagmay Hall, University of the Philippines	<a href="https://www.facebook.com/updpsycserv/">https://www.facebook.com/updpsycserv/</a> 09167573157	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students and staff
<b>Diliman Gender Office</b>	Benton Hall, Roxas Ave, Diliman, Quezon City, Metro Manila	updgo@up.edu.ph <a href="https://dgo.upd.edu.ph/">https://dgo.upd.edu.ph/</a>	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students and staff
<b>National Center For Mental Health</b>	Nueve de Pebrero St., Mauway, Mandaluyong, Metro Manila	<a href="http://www.ncmh.gov.ph/">http://www.ncmh.gov.ph/</a> (02) 8531 9001 (0917) 8998727	Monday to Sunday 24 Hours	P400 for Consultation. P1500 to 3500 for Psychological Testing

## UP LOS BAÑOS

## REGION IV-A – CALABARZON REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Dr. Alexandra Jean C. Palis</b> Psychiatrist	University Health Services, UPLB	(049) 536-6238	Tuesday and Thursday 2:00 to 5:00 PM	Free for UP Students during consultation hours
<b>UPLB Office of Counseling and Guidance</b>	Rm. 9, Student Union Building, 2nd floor Office of the Vice-Chancellor for Student Affairs (OVCSA), UP Los Baños	(049) 536 7255 ocg.uplb@up.edu.ph <a href="https://www.facebook.com/ocgovcsa">https://www.facebook.com/ocgovcsa</a>	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Gabay Volunteer Corps (Students)</b>	c/o Office of Counseling and Guidance, OVCSA	<a href="https://www.facebook.com/uplbgabay/">https://www.facebook.com/uplbgabay/</a>	By appointment	Free for UP Students
<b>Peer Tutors</b>	c/o Office of Counseling and Guidance, OVCSA	(049) 536 7255 mcjimenez1@up.edu.ph	By appointment	Free for UP Students



Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Wilfredo II Francis F. Mina, RGC, Rpm, ICPS, CSP</b> Guidance Services Specialist,, UPM Office of Student Affairs (OSA)	3F UPM Student Center Building, Padre Faura cors Ma. Orosa Sts., Ermita	(0916) 117 6197 guidance.upm@ up.edu.ph	Monday to Thursday 8:00 AM to 6:00 PM  Friday 8:00 AM to 12:00 PM	Free for UP Students
<b>Elgie A. Ocampo-Madla, LPT, RGC</b> Guidance Services Specialist, UPM OSA	3F UPM Student Center Building, Padre Faura cors Ma. Orosa Sts., Ermita	0935) 283 9951 eaocampomadla@ up.edu.ph	Monday to Friday 9:00 AM to 6:00 PM	Free for UP students
<b>Jesusa Bianca A. Fernandez, M.A., RGC</b> Guidance Services Specialist, UPM OSA	3F UPM Student Center Building, Padre Faura cor Ma. Orosa Sts., Ermita	0935) 058 3950 jafernandez5@up.edu. ph	Monday to Thursday 7:00 AM to 4:00 PM	Free for UP students
<b>Beatriz Andrea S. Morente, Rpm</b> Guidance Counselor/ Senior Psychosocial Support Specialist II, UPM OSA	3F UPM Student Center Building, Padre Faura cor Ma. Orosa Sts., Ermita	(932) 874 3834 bsmorente@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Leilani Apostol-Nicodemus, MD, MsCM-FM</b> Director, UPM Center for Gender and Women Studies (CGWS)	Room 404 UP Manila Dormitory	lsapostolnicodemus@ up.edu.ph	By appointment	Free for UP students
<b>Erica Gabrielle A. Delos Reyes, Rpm</b> University Research Associate, UPM CGWS	Room 404 UP Manila Dormitory	(0933) 821 8901 eadelosreyes@up.edu. ph	Tuesday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Alma V. Labro, MMBM</b> University Research Associate UPM College of Allied Medical Professions (CAMP)	4th Flr, UPM College of Allied Medical Professions (CAMP)	(0923) 482 9679 avlabro@up.edu.ph	Monday to Thursday 8:00 AM to 5:00 PM	Free for UP students
<b>Hannah Maria D. Albert, CSP-PASP</b> Faculty, Student Relations Officer UPM CAMP	UPM CAMP	(0915) 402 1292 hdalbert@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Veronica R. Dee, OTRP</b> Faculty Member, UPM CAMP	UPM CAMP	vrdee1@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students

<b>Joshua Phillip B. Magtubo, Rpm</b> Administrative Services Officer (Psychometrician) UPM Human Resource Development Office (HRDO)	UP Manila Dormitory	0956) 510 3451 jbmagtubo@up.edu.ph	Tuesday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Adrianne Louise D. Dominguez</b> UPM-USC Representative USC Health Committee Head	UP Manila	(0998) 530 2585 addominguez1@up.edu.ph		Free for UP students
<b>Dominic T. Paguio RN, LPT, MA Ed (SPED), PhD, IEATA</b> Mental Health Psychiatric Nurse/ SPED Specialist/ Certified Therapeutic Arts Life Coach, FOAT Practitioner	Private Practitioner Las Pinas City	(0917) 822 4471 dtpaguio@gmail.com	Monday to Thursday 8:00 AM to 12:00 PM	Discounted consultation fee
<b>Maria Angela A. Mabale, MA, RN,</b> Mental Health Psychiatric Nurse/ Faculty, UP College of Nursing	UP College of Nursing, Sotejo Hall, Pedro Gil St., Ermita, Manila	mamabale@up.edu.ph	By appointment	Free for UP students
<b>Brahma Kumaris Meditation Center</b> Raja Yoga Meditation / Mental Wellness Service Provider	7484 Bagtikan Street San Antonio Village, Makati City <i>www.brahmakumarisph.org</i>	Ms. Ma. Victoria ("Vicky") Mandap (0917) 834 0118 (632) 8890 7960 manila@ph.brahmakumaris.org	By appointment	Only operational costs to be charged
<b>Jaelen Kyla G. Palomar</b> Director of External Affairs, The Freshie Initiative		(0917) 147 4043 upmtfi@gmail.com jgpalomar@up.edu.ph	By appointment	Free for UP students
<b>Rosina L. Jose</b> Chairperson, UPM Peer Empowering Peers Society	3F UPM Student Center Building, Padre Faura cor Ma. Orosa Sts., Ermita	(0917) 547 2146 upmanilapeps@gmail.com rljose@up.edu.ph	By appointment	Free for UP students
<b>Bernice Alecsa D. Austria, CSP</b> Adviser, Faculty UP Collegiate Association of Speech Pathologists	UPM CAMP	bdaustria@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Jackielyn D. Ruiz, PTRP</b> Adviser, Faculty UP Association of Physical Therapy Students	UPM CAMP	jdruiz@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Kristel Faye M. Roderos, OTRP</b> Adviser, Faculty Society of Occupational Therapy Majors	UPM CAMP	kmroderos@up.edu.ph societyofotmajors@gmail.com	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students

<b>Ma. Celina U. Garcia, DDM, FPBP</b> Student Relations Officer and Faculty UP College of Dentistry	College of Dentistry, UP Manila, Pedro Gil St., cor. Taft Ave., Ermita, Manila	(0917) 916 6202 mugarcia2@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Amelia De Castro</b> Staff, Office of the College Secretary, UP College of Dentistry	College of Dentistry, UP Manila, Pedro Gil St., cor. Taft Ave., Ermita, Manila	02) 8302 6360 ameliadecastro@yahoo.com	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Bhabita V. Murjani, DDM MHPEd, FPBP</b> Faculty, UP College of Dentistry	College of Dentistry, UP Manila, Pedro Gil St., cor. Taft Ave., Ermita, Manila	(0918) 940 8264 bvmurjani@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Carlos Dominic D. Olegario, PTRP</b> Adviser, Faculty, Certified Strength and Conditioning Coach Alliance in Wellness and Sports of Students of the Allied Medical Professions (AWSAMS)	UPM CAMP	cdolegario@up.edu.ph camp.awsams@gmail.com	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Janet Pimentel Paredes, MA</b> Family Counselor and DOH PITAH C Certified Acupuncturist	RMT Center for Family Ministries, Ateneo De Manila University	janetparedes56@gmail.com	Counseling and Acupuncture by appointment	Fees charged for some services
<b>Engr. Fatima Bargas</b> CBT Practitioner, HR Development Consultant, Meditation and Wellness Trainer	Online Healing Community <a href="https://www.facebook.com/Online-HealingCommunity/">https://www.facebook.com/Online-HealingCommunity/</a>	(0943) 727 3898 itiaw@yahoo.com	By appointment	Fees charged for some services

## UP MANILA

## REGION XI – DAVAO REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>St. Peter's Counseling Home and Rehabilitation Center</b> DOH Custodial Facility for Mental Health Clients-	Doña Vicenta Village, Davao City	Prof. Felomino A. Gargar, EdD, RGC, LPT, FPCHA, Dip IABMCP (0916) 553 5548 dodong_spch58@yahoo.com	Counseling and Psychotherapy Sessions by appointment	Fees charged for some services

## UP MANILA

## REGION XIII – CARAGA REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Iota Phi Chapter of Chi Sigma Iota Counseling Academic and Professional Honor Society</b>	Holy Child Colleges of Butuan 2nd Street, Guingona Subdivision, Butuan City, Agusan del Norte 8600	Prof. Felomino A. Gargar, EdD, RGC, LPT, FPCHA, Dip IABMCP (0916) 553 5548 dodong_spch58@yahoo.com dodong.hccb58@gmail.com	By appointment	Only operational costs to be charged

## UP MINDANAO

## REGION XI – DAVAO REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Remegio P. Domingo, Jr., RGC, RPm</b> CTS OSA	G/F Admin Bldg., UP Mindanao	(082) 293 1353 cts_osa.upmindanao@up.edu.ph	Thursday and Friday 9:00 AM to 4:00 PM Monday to Wednesday by appointment	Free for UP students
<b>Ma. Concetta S. Mascardo, RN &amp; Rowena P. Uganap, RN</b> Health Section – OSA	EBL Dorm UP Mindanao	(082) 293 0863 local 9053 hss.upmindanao@up.edu.ph	Monday to Friday 1:00 PM to 4:00 PM	Free for UP students and staff
<b>Ms. Precious S. Manliguez, MA,</b> Executive Manager Philippine Mental Health Association (PMHA) – Davao Chapter	Brgy. 76-A, Pagasa St., Phase2, S.I.R. Matina, Davao City	(082) 298 8579 pmha.davao@yahoo.com davao.chapter2018@gmail.com davaochapter@pmha.org.ph	By appointment	P600 per student
<b>HEAR4U - NGO group</b>	Davao City	ednorgaston@gmail.com	By appointment	Free

## UP OPEN UNIVERSITY

## REGION IV-A – CALABARZON REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>OSA Psychosocial Online Support Hub</b>	UP Open University, Community Hub, Los Banos, Laguna	536 6001 to 6006 local 340 536 5484 counseling@upou.edu.ph	Monday to Friday 9:00 AM to 4:00 PM	Free for UPOU students
<b>Referrals to Registered Guidance Counselors of different CUs</b>	Office of the Counseling and Guidance of different CUs	See CU contact details	See CU Schedule of Availability	Free for UPOU students

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Teresa S. Hortillo, RGC</b>	UPV Guidance and Counseling Services Unit, Office of Student Affairs (OSA), Miagao, Iloilo	(0917) 486 1042 tshortillo@up.edu.ph gss.upvisayas@up.edu.ph	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students
<b>Juvy T. Janeo, RGC</b>	UPV Guidance and Counseling Services Unit, OSA, Miagao, Iloilo	(0917) 322 6844 jtjane@up.edu.ph gss.upvisayas@up.edu.ph	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students
<b>Annie A. Manzano, RGC</b>	UPV Guidance and Counseling Services Unit, OSA, Miagao, Iloilo	(0917) 310 0478 aamanzano@up.edu.ph gss.upvisayas@up.edu.ph	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students
<b>Paula Khryss P. Ushiyama, RGC</b>	UPV Guidance and Counseling Services Unit, OSA, Miagao, Iloilo	(0999) 223 6498 ppushiyama@up.edu.ph gss.upvisayas@up.edu.ph	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students
<b>Johnrev B. Guilaran, PhD</b> Clinical Psychology	Division of Social Sciences, UPV College of Arts and Sciences (CAS), Miagao, Iloilo	jbguilan@up.edu.ph	Monday to Friday 10:00 AM to 11:30 AM	Free for UP Students
<b>Marshaley J. Baquiano, PhD, RPsy</b> Social Psychology	Division of Social Sciences, UPV CAS, Miagao, Iloilo	shybaks@yahoo.com	Mondays and Wednesdays 10:00AM to 12:00 PM	Free for UP Students
<b>Prof. Agustin G. Huyong</b> Social Psychology	Division of Social Sciences, UPV CAS, Miagao, Iloilo	aghuyong2@up.edu.ph	By Appointment	Free for UP Students
<b>Prof. Aniceta Patricia T. Alingasa</b> Social Psychology	Division of Social Sciences, UPV CAS, Miagao, Iloilo	atalingasa@up.edu.ph	Tuesday and Friday 1:00 PM – 5:00 PM	Free for UP Students
<b>Prof. Jose A. Go</b> (Industrial/ Organizational Psychology)	Division of Social Sciences, UPV CAS, Miagao, Iloilo	jago@up.edu.ph	By Appointment	Free for UP Students
<b>Prof. Moniq M. Muyargas</b> Gender and Sexuality, LGBT Psychology	Division of Social Sciences, UPV CAS, Miagao, Iloilo	09985736208 mmmuyargas@up.edu.ph	Tuesday and Thursday 9:00 AM – 4:00 PM	Free for UP Students
<b>Ms. Augil Marie Q. Robles</b> Social Psychology	Division of Social Sciences, UPV CAS, Miagao, Iloilo	(033) 5137012 aqrobles@up.edu.ph	Tuesday and Wednesday 1:00–5:00 PM	Free for UP Students

<b>Prof. Darius N. Salaum</b> Developmental Psychology	Division of Social Sciences, UPV CAS, Miagao, Iloilo	09177170241 dnsalaum13@yahoo.com dnsalaum@upv.edu.ph dnsalaum@up.edu.ph	Every Wednesday	Free for UP Students
<b>Ms. Elizabeth A. Toledo, MPsy, RPm</b> Counseling Psychology	Division of Social Sciences, UPV CAS, Miagao, Iloilo	eatoledo@up.edu.ph	Tuesday and Friday 3:00 to 5:00 PM Wednesday 8:00 to 10:00AM	Free for UP Students
<b>UPV Health Services Unit/ UPV Infirmary, Miagao Campus</b>	UPV Health Services Unit, UP Visayas, Miagao Iloilo	033 3158301 09456994613 09185641942 hsu-mia@upv.edu.ph hsumiagaomedical@gmail.com	24 hours (UPV Infirmary in Miagao Campus)	Free for UP Students
<b>UPV Health Services Unit/ UPV Infirmary, Iloilo City Campus</b>	UPV Health Services Unit, UP Visayas, Iloilo City	hsu-ic.upvisayas@up.edu.ph	Monday to Friday 8:00AM-4:00PM (Iloilo City Campus)	Free for UP Students
<b>UPV Psycho-Social Support Team</b>	UPV Guidance and Counseling Services Unit, OSA, Miagao, Iloilo	upv.psychosocial.sup@gmail.com	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students

## UP VISAYAS

## REGION VIII – EASTERN VISAYAS REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Rhea Lina J. Saavedra, RGC</b>	UPV Office of Student Affairs, (OSA) Tacloban City UP Visayas	0949) 621 0973 ralsaavedra@up.edu.ph gcts_osa.upvtc@up.edu.ph	Monday to Friday 8:30 AM to 10:00 AM 1:30 PM to 4:00 PM	Free for UP Students
<b>Mental Health Psycho Social Support (MHPSS)</b>	UPV OSA, Tacloban City	Facebook Page UP Tacloban Mental Health and Psychosocial Support@uptacmhpss	Monday to Friday 9:00 AM to 5:00 PM	Free for UP Students
<b>Frances Mariel Billie Palomo, RPm</b>	UPV OSA, Tacloban City	(0995) 796 5029 (0965) 843 5076 fmpalomo@up.edu.ph	Monday to Friday 2:00 PM to 4:00 PM	Free for UP Students

## UP-PHILIPPINE GENERAL HOSPITAL

## NATIONAL CAPITAL REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Francine Bofill</b> Psychologist Department of Psychiatry and Behavioral Medicine	Ward 7 UP Philippine General Hospital, Manila	pghpsychiatry@gmail.com	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students





## Category 2: Mental Health service providers who can provide care for students with diagnosed Mental Health condition

Individuals and organizations in this category are trained to accommodate students and stakeholders **with mental disorders**. They can:

- Provide counseling and case management for students with mental health concerns and mental disorders;
- Provide any of the following mental health services:
  - Assessment and diagnosis of mental disorders,
  - Suicide prevention and postvention for suicide survivors,
  - Provision for psychological therapies specific for a diagnosed mental disorder,
  - Prescription of medication, or
  - Other related mental health services for stakeholders with mental disorders.
- Liaise social support with stakeholders on ways to improve their mental health concerns;
- Liaise stakeholder's concerns with the academic staff of the University; and
- Provide appropriate referral to other Mental Health Service Providers as deemed necessary

### UP CEBU

### REGION VII – CENTRAL VISAYAS REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Maglasang, Annabelle, RGC</b>	UPC Office of Student Affairs (OSA), Cebu City	(032) 232 8187 (0921) 573 5808 agmaglasang@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Olita, Cipriano, RGC</b>	UPC OSA Cebu City	(032) 232 8187 (0932) 497 3634 cvolita@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Pelonio, Jeffrey, RGC</b>	UPC OSA Cebu City	(032) 232 8187 (0933) 466 9217 jdpelonio@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Saturinas, Jaseluh, RGC</b>	UPC OSA Cebu City	(032) 232 8187 (0933) 878 1501 jrsaturinas@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students

## UP DILIMAN

## NATIONAL CAPITAL REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>UPD Psychological Services</b>	Room 209B Lagmay Hall, UP Diliman, Quezon City	(0916) 757 3157 (0906) 374 3466 psycserv.upd@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students and employees
<b>Dr. Dinah Palmera Nadera</b> University Psychiatrist	University Health Service, UPD, Quezon City	lusogisip.uhs@gmail.com <a href="https://uphs.appointlet.com">https://uphs.appointlet.com</a>	By appointment	Free for UP students and employees
<b>Dr. Bernadette Carandang</b>	University Health Service, UPD, Quezon City	<a href="https://uphs.appointlet.com/">https://uphs.appointlet.com/</a> 8981-8500	Monday and Wednesday 8:00AM to 12:00PM <i>last booking slot is at 11:00AM</i> Friday 1:00PM to 5:00PM <i>last booking slot is at 4:00 PM</i> <i>By appointment</i>	Free for UP students and employees

## UP LOS BAÑOS

## REGION IVA – CALABARZON REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Dr. Alexandra Jean C. Palis</b> Psychiatrist	University Health Services, UP Los Baños	(049) 536-6238	Tuesday and Thursday 2:00 to 5:00 PM	Free for UP Students during consultation hours
<b>Amante, Gonzalo H., Jr.</b>	Rm. 9, Student Union Building, 2nd floor Office of the Vice-Chancellor for Student Affairs (OVCSA), UP Los Baños	(049) 536 7255 ghamante@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Carlos, Ordina S.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 oscarlos@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Dolor, Janett A.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 jadolor@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Dy, Erick Vernon Y.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 eydy@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Jimenez, Maria Victoria C.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 mcjimenez1@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Rapas, Analyn V.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 avrapas@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Villamin, Jisselle C.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 jcvillamin@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Wilfredo II Francis F. Mina, RGC, RPm, ICPS, CSP</b> Guidance Services Specialist,, UPM Office of Student Affairs (OSA)	3F UPM Student Center Building, Padre Faura cors Ma. Orosa Sts., Ermita	(0916) 117 6197 guidance.upm@up.edu.ph	Monday to Thursday 8:00 AM to 6:00 PM  Friday 8:00 AM to 12:00 PM	Free for UP Students
<b>Elgie A. Ocampo-Madla, LPT, RGC</b> Guidance Services Specialist, UPM OSA	3F UPM Student Center Building, Padre Faura cors Ma. Orosa Sts., Ermita	(0935) 283 9951 eaocampomadla@up.edu.ph	Monday to Friday 9:00 AM to 6:00 PM	Free for UP Students
<b>Jesusa Bianca A. Fernandez, M.A., RGC</b> Guidance Services Specialist, UPM OSA	3F UPM Student Center Building, Padre Faura cor Ma. Orosa Sts., Ermita	(0935) 058 3950 jafernandez5@up.edu.ph	Monday to Thursday 7:00 AM to 4:00 PM	Free for UP Students
<b>Beatriz Andrea S. Morente, RPm</b> Guidance Counselor/ Senior Psychosocial Support Specialist II, UPM OSA	3F UPM Student Center Building, Padre Faura cor Ma. Orosa Sts., Ermita	(932) 874 3834 bsmorente@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Leilani Apostol-Nicodemus, MD, MsCM-FM</b> Director, UPM Center for Gender and Women Studies (CGWS)	Room 404 UP Manila Dormitory	lsapostolnicodemus@up.edu.ph	By appointment	Free for UP Students
<b>Erica Gabrielle A. Delos Reyes, RPm</b> University Research Associate I, UPM CGWS	Room 404 UP Manila Dormitory	(0933) 821 8901 eadelosreyes@up.edu.ph	Tuesday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Joshua Phillip B. Magtubo, RPm</b> Administrative Services Officer Psychometrician UPM Human Resource Development Office (HRDO)	UP Manila Dormitory	(0956) 510 3451 jbmagtubo@up.edu.ph	Tuesday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Dominic T. Paguio RN, LPT, MA Ed (SPED), PhD, IEATA</b> Mental Health Psychiatric Nurse/ SPED Specialist/ Certified Therapeutic Arts Life Coach, FOAT Practitioner	Private Practitioner Las Pinas City	(0917) 822 4471 dtpaguio@gmail.com	Monday to Thursday 8:00 AM to 12:00 PM	Discounted consultation fee

<b>Maria Angela A. Mabale, MA, RN,</b> Mental Health Psychiatric Nurse/ Faculty, UP College of Nursing	UP College of Nursing, Sotejo Hall, Pedro Gil St., Ermita, Manila	mamabale@up.edu.ph	By appointment	Free for UP students
<b>Kristel Faye M. Roderos, OTRP</b> Adviser, Faculty Society of Occupational Therapy Majors	UPM CAMP	kmroderos@up.edu.ph societyofotmajors@gmail.com	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>Janet Pimentel Paredes, MA</b> Family Counselor and DOH PITAHC Certified Acupuncturist	RMT Center for Family Ministries, Ateneo De Manila University	janetparedes56@gmail.com	Counseling and Acupuncture by appointment	Fees charged for some services

## UP MANILA

## REGION XI – DAVAO REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>St. Peter's Counseling Home and Rehabilitation Center</b> DOH Custodial Facility for Mental Health Clients	Doña Vicenta Village, Davao City	Prof. Felomino A. Gargar, EdD, RGC, LPT, FPCHA, Dip IABMCP (0916) 553 5548 dodong_spch58@yahoo.com	Counseling and Psychotherapy Sessions by appointment	Fees charged for some services

## UP MINDANAO

## REGION XI – DAVAO REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Remegio P. Domingo, Jr., RGC, RPm</b> CTS OSA	G/F Admin Bldg., UP Mindanao	(082) 293 1353 cts_osa.upmindanao@up.edu.ph	Thursday and Friday 9:00 AM to 4:00 PM Monday to Wednesday by appointment	Free for UP students
<b>Ms. Precious S. Manliguez, MA,</b> Executive Manager Philippine Mental Health Association (PMHA) – Davao Chapter	Brgy. 76-A, Pagasa St., Phase2, S.I.R. Matina, Davao City	(082) 298 8579 pmha.davao@yahoo.com davao.chapter2018@gmail.com davaochapter@pmha.org.ph	By appointment	P600 per student
<b>Prof. Rachelle A. Bersamin, RPm, RPsy, RGC</b> Psychological Consultancy Services (PCS) Davao	Davao City	(0966) 199 4091 (0932) 711 8272 pcsdavao13@gmail.com	By appointment	Free for UP students and staff
<b>DOH XI Mental Health and Psychosocial Support (MHPSS)</b>	Davao City	Globe: (0977) 760 8610 Smart: (0939) 768 3627 Sun: (0933) 404 1070 (0933) 404 1072	8:00 AM to 5:00 PM	Free
<b>Southern Philippines Medical Center -IPBM</b>	J.P. Laurel Avenue, Bajada, Davao City	Smart: (0999) 224 9783 TM: (0936) 068 9225	By appointment Monday to Friday 8:00 AM to 3:00 PM	Free

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Western Visayas Medical Center - Psychiatry</b>	Department of Psychiatry, Western Visayas Medical Center Q. Abeto Street, Mandurriao, Iloilo City	(0931) 025 1276 wvmcpsychiatry@gmail.com	Telepsychiatry Monday to Thursday 8:00AM-5:00PM Friday 9:00AM to 5:00PM	With consultation fee
<b>Diosdado V. Amargo, Jr., MD</b> Adult Psychiatry	Room 238 Spice Building, Saint Paul's Hospital Iloilo, General Luna Street, Iloilo City	(0917) 634 5887 amargodiosdado@gmail.com	By appointment, to be scheduled by calling (033) 337 2741 local 8238	Free or discounted rate based on the capacity to pay of the student
<b>Daisy C. Daquilanea, MD</b> Psychiatry	Qualimed Hospital- Iloilo, 3rd Floor, MedExcel Clinic, Mandurriao, Iloilo City	(0928) 500 0259 dshrink2002@yahoo.com	By appointment online (no face to face consultation) Tuesdays 4:00 PM to 6:00 PM	With consultation fee
<b>Dr. Japhet G. Fernandez De Leon, MD</b> Child and Adolescent Psychiatry	207 Medical Arts Condominium, Iloilo Doctors Hospital, West Avenue, Molo, Iloilo City	(0918) 924 7924	By appointment, every Tuesday, Thursday, and Saturday	With consultation fee
<b>Henrietta C. Española, MD</b> Psychiatry (Adult)  <i>Clients accepted: 25 years old and above</i>	Room 238, SPICE Building, St. Paul's Hospital, General Luna St., Iloilo City	(033) 3372742 to 45 local 8238 Henrietta_spl@yahoo.com	By appointment through Ms Cheryl Alinab (Clinic Secretary)  No online consultation	With consultation fee
<b>Ruel E. Malata, MD</b> General Psychiatry Addiction Psychiatry	Room 249, SPICE Building, St. Paul's Hospital, General Luna St., Iloilo City	(033) 3372741 local 8249 09171648955	Monday, Wednesday, and Friday 10:00AM to 2:00PM  Tuesday and Thursday 3:00 to 5:00PM  Online consultations by appointment through clinic secretary: Margie	With consultation fee
<b>Aimee G. Chua, MD</b> Child and Adolescent Psychiatry General Psychiatry	Room 249, SPICE Building, St. Paul's Hospital, General Luna St., Iloilo City	(033) 3372741 local 8249 aimeechua2000@yahoo.com	Mondays, Thursdays, Saturdays (by appointment)	Socialized fees usually P1000 for initial consult P800 subsequent

## UP VISAYAS

## REGION VIII – EASTERN VISAYAS REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Teresita M. Cajano, MD</b> Psychiatry and addiction medicine	RTR Hospital, Calanipawan Road, Tacloban City	(0956) 130 1895 cajanotess@gmail.com	Saturday 1:00 PM to 4:00 PM	Consultation Fee P 800 per client
<b>Arleen Grace Rosal, MD</b> Psychiatry Phil. Psychiatric Association, Inc	EVRMC Dept of Psychiatry Magsaysay Blvd.	(0915) 459 1868	On-call	P 1,500 per client
<b>Rhea Lina J. Saavedra, RGC</b>	Office of Student Affairs, UPV Tacloban City	(09496210973 rvsaavedra@up.edu.ph gcts_osa.upvtc@up.edu.ph	Monday to Friday 8:30 AM to 10:00 AM 1:30 PM to 4:00 PM	Free for UP students

## UP-PHILIPPINE GENERAL HOSPITAL

## NATIONAL CAPITAL REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>PGH Psychiatry Residents, Fellows, and Consultants</b>	Ward 7 PGH, Manila	pghpsychiatry@gmail.com (02) 8554 8400 (0956) 4720646	Emergency: Any time or day Non-Emergency: Monday to Friday, 8:00 AM to 5:00 PM	Free for UP students





## Category 3: Mental Health service providers who can provide Psychosocial Rehabilitation

Mental health service providers in this category can provide **Psychosocial Rehabilitation**. They can:

- Provide psychosocial rehabilitation, such as academic reintegration, occupational rehabilitation, and economic support;
- Provide suicide prevention and postvention for suicide survivors
- Provide counseling and case management for students in need of psychosocial rehabilitation;
- Liaise social support with stakeholders on ways to improve their mental health concerns
- Liaise stakeholder's concerns with the academic staff of the University; and
- Provide appropriate referral to other Mental Health Service Providers as deemed necessary

### UP DILIMAN

### NATIONAL CAPITAL REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>UPD Office of Counseling and Guidance</b>	Room 3208 CAL Pavilion 3, UP Diliman, QC	(02) 8981 8500 local 4502 ocg. updiliman@up.edu.ph	Monday to Friday 8:00AM to 5:00 PM	Free for UP students and employees
<b>UPD Ugnayan ng Pahinungod</b>	Basement, University of the Philippines Diliman, Quezon Hall, Osmeña Avenue, Diliman, Quezon City, 1101 Metro Manila	(02) 8929 2550 psppahinungod.upd@up.edu.ph <a href="https://www.facebook.com/updpahinungod/">https://www.facebook.com/updpahinungod/</a>	Monday to Friday 8:00AM to 5:00 PM	Free for UP students and employees

### UP LOS BAÑOS

### REGION IVA – CALABARZON REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Amante, Gonzalo H., Jr.</b>	Rm. 9, Student Union Building, 2nd floor Office of the Vice-Chancellor for Student Affairs (OVCSA), UP Los Baños	(049) 536 7255 ghamante@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students

<b>Carlos, Ordina S.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 oscarlos@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Dolor, Janett A.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 jadolor@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Dy, Erick Vernon Y.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 eydy@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Jimenez, Maria Victoria C.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 mcjimenez1@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Rapas, Analyn V.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 avrapas@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Villamin, Jisselle C.</b>	Rm 9, Student Union Building, 2nd floor OVCSA, UP Los Baños	(049) 536 7255 jcvillamin@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students

## UP MANILA

## NATIONAL CAPITAL REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Wilfredo II Francis F. Mina, RGC, RPm, ICPS, CSP</b> Guidance Services Specialist., UPM Office of Student Affairs (OSA)	3F UPM Student Center Building, Padre Faura cors Ma. Orosa Sts., Ermita	(0916) 117 6197 guidance.upm@up.edu.ph	Monday to Thursday 8:00 AM to 6:00 PM Friday 8:00 AM to 12:00 PM	Free for UP Students
<b>Elgie A. Ocampo-Madla, LPT, RGC</b> Guidance Services Specialist, UPM OSA	3F UPM Student Center Building, Padre Faura cors Ma. Orosa Sts., Ermita	(0935) 283 9951 eaocampomadla@up.edu.ph	Monday to Friday 9:00 AM to 6:00 PM	Free for UP students
<b>Jesusa Bianca A. Fernandez, M.A., RGC</b> Guidance Services Specialist, UPM OSA	3F UPM Student Center Building, Padre Faura cor Ma. Orosa Sts., Ermita	(0935) 058 3950 jafernandez5@up.edu.ph	Monday to Thursday 7:00 AM to 4:00 PM	Free for UP Students
<b>Beatriz Andrea S. Morente, RPm</b> Guidance Counselor/ Senior Psychosocial Support Specialist II, UPM OSA	3F UPM Student Center Building, Padre Faura cor Ma. Orosa Sts., Ermita	(932) 874 3834 bsmorente@up.edu.ph	Monday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Leilani Apostol-Nicodemus, MD, MsCM-FM</b> Director, UPM Center for Gender and Women Studies (CGWS)	Room 404 UP Manila Dormitory	lsapostolnicodemus@up.edu.ph	By appointment	Free for UP Students

<b>Erica Gabrielle A. Delos Reyes, RPm</b> University Research Associate I, UPM CGWS	Room 404 UP Manila Dormitory	+639338218901 eadelosreyes@up.edu.ph	Tuesday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Joshua Phillip B. Magtubo, RPm</b> Administrative Services Officer Psychometrician UPM Human Resource Development Office (HRDO)	UP Manila Dormitory	(0956) 510 3451 jbmagtubo@up.edu.ph	Tuesday to Friday 8:00 AM to 5:00 PM	Free for UP Students
<b>Dominic T. Paguio RN, LPT, MA Ed (SPED), PhD, IEATA</b> Mental Health Psychiatric Nurse/ SPED Specialist/ Certified Therapeutic Arts Life Coach, FOAT Practitioner	Private Practitioner Las Pinas City	(0917) 822 4471 dtpaguio@gmail.com	Monday to Thursday 8:00 AM to 12:00 PM	Discounted consultation fee
<b>Maria Angela A. Mabale, MA, RN,</b> Mental Health Psychiatric Nurse/ Faculty, UP College of Nursing	UP College of Nursing, Sotejo Hall, Pedro Gil St., Ermita, Manila	mamabale@up.edu.ph	By appointment	Free for UP students
<b>Janet Pimentel Paredes, MA</b> Family Counselor and DOH PITAHC Certified Acupuncturist	RMT Center for Family Ministries, Ateneo De Manila University	janetparedes56@gmail.com	Counseling and Acupuncture by appointment	Fees charged for some services

## UP MANILA

## REGION XI – DAVAO REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>St. Peter's Counseling Home and Rehabilitation Center</b> DOH Custodial Facility for Mental Health Clients-	Doña Vicenta Village, Davao City	Prof. Felomino A. Gargar, EdD, RGC, LPT, FPCHA, Dip IABMCP (0916) 553 5548 dodong_spch58@yahoo.com	Counseling and Psychotherapy Sessions by appointment	Fees charged for some services

## UP MINDANAO

## REGION XI – DAVAO REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Remegio P. Domingo, Jr., RGC, RPm</b> CTS OSA	G/F Admin Bldg., UP Mindanao	(082) 293 1353 cts_osa.upmindanao@up.edu.ph	Thursday and Friday 9:00 AM to 4:00 PM Monday to Wednesday by appointment	Free for UP students

<b>Ms. Precious S. Manliguez, MA,</b> Executive Manager Philippine Mental Health Association (PMHA) – Davao Chapter	Brgy. 76-A, Pagasa St., Phase2, S.I.R. Matina, Davao City	(082) 298 8579 pmha.davao@yahoo.com davao.chapter2018@gmail.com davaochapter@pmha.org.ph	By appointment	P600 per student
<b>Prof. Rachelle A. Bersamin, Rpm, RPsy, RGC</b> Psychological Consultancy Services (PCS) Davao	Davao City	(0966) 199 4091 (0932) 711 8272 pcsdavao13@gmail.com	By appointment	Free for UP students and staff
<b>DOH XI Mental Health and Psychosocial Support (MHPSS)</b>	Davao City	Globe: (0977) 760 8610 Smart: (0939) 768 3627 Sun:(0933) 404 1070 (0933) 404 1072	8:00 AM to 5:00 PM	Free

## UP VISAYAS

## REGION VI – WESTERN VISAYAS REGION

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Teresa S. Hortillo, RGC</b>	UPV Guidance and Counseling Services Unit, Office of Student Affairs (OSA), Miagao, Iloilo	(0917) 486 1042 tshortillo@up.edu.ph gss.upvisayas@up.edu.ph	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students
<b>Juvy T. Janeo, RGC</b>	UPV Guidance and Counseling Services Unit, OSA, Miagao, Iloilo	(0917) 322 6844 jtjane@up.edu.ph gss.upvisayas@up.edu.ph	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students
<b>Annie A. Manzano, RGC</b>	UPV Guidance and Counseling Services Unit, OSA, Miagao, Iloilo	(0917) 310 0478 aamanzano@up.edu.ph gss.upvisayas@up.edu.ph	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students
<b>Paula Khryss P. Ushiyama, RGC</b>	UPV Guidance and Counseling Services Unit, OSA, Miagao, Iloilo	(0999) 223 6498 ppushiyama@up.edu.ph gss.upvisayas@up.edu.ph	Monday to Friday 9:00 AM to 3:00 PM	Free for UP Students
<b>Johnrev B. Guilaran, PhD</b> Clinical Psychology	Division of Social Sciences, UPV College of Arts and Sciences (CAS), Miagao, Iloilo	jbguilaran@up.edu.ph	Monday to Friday 10:00 AM to 11:30 AM	Free for UP Students
<b>Rhea Lina J. Saavedra, RGC</b>	UPV Office of Student Affairs, (OSA) Tacloban City	(0949) 621 0973 rvsaavedra@up.edu.ph gcts_osa.upvtc@up.edu.ph	Monday to Friday 8:30 AM to 10:00 AM 1:30 PM to 4:00 PM	Free for UP Students
<b>Frances Mariel Billie Palomo, Rpm</b>	UPV OSA, Tacloban City	(0995) 796 5029 (0965) 843 5076 fmpalomo@up.edu.ph	Monday to Friday 2:00 PM to 4:00 PM	Free for UP Students

Name of Organization / Professional	Complete Office Address	Contact Person Contact Details	Schedule of Availability of Services	Applicable Fees
<b>Francine Bofil</b> Psychologist Department of Psychiatry and Behavioral Medicine	Ward 7 Philippine General Hospital, Manila	pghpsychiatry@gmail.com	Monday to Friday 8:00 AM to 5:00 PM	Free for UP students
<b>PGH Psychiatry Residents, Fellows, and Consultants</b>	Ward 7 Philippine General Hospital, Manila	pghpsychiatry@gmail.com (0956) 4720646	Emergency: Any time or day Non-Emergency: Monday to Friday, 8:00 AM to 5:00 PM	Free for UP students

