



DLSU-D PSYCHOLOGY DEPARTMENT Center for Applied Psychology

Online Mental Health and Well-Being Support Service



BRIEF RATIONALE:

In times of anxiety, uncertainty, and social isolations due to COVID 19- related circumstances, proactive measures need to be undertaken to protect and enhance people's mental health and well-being.

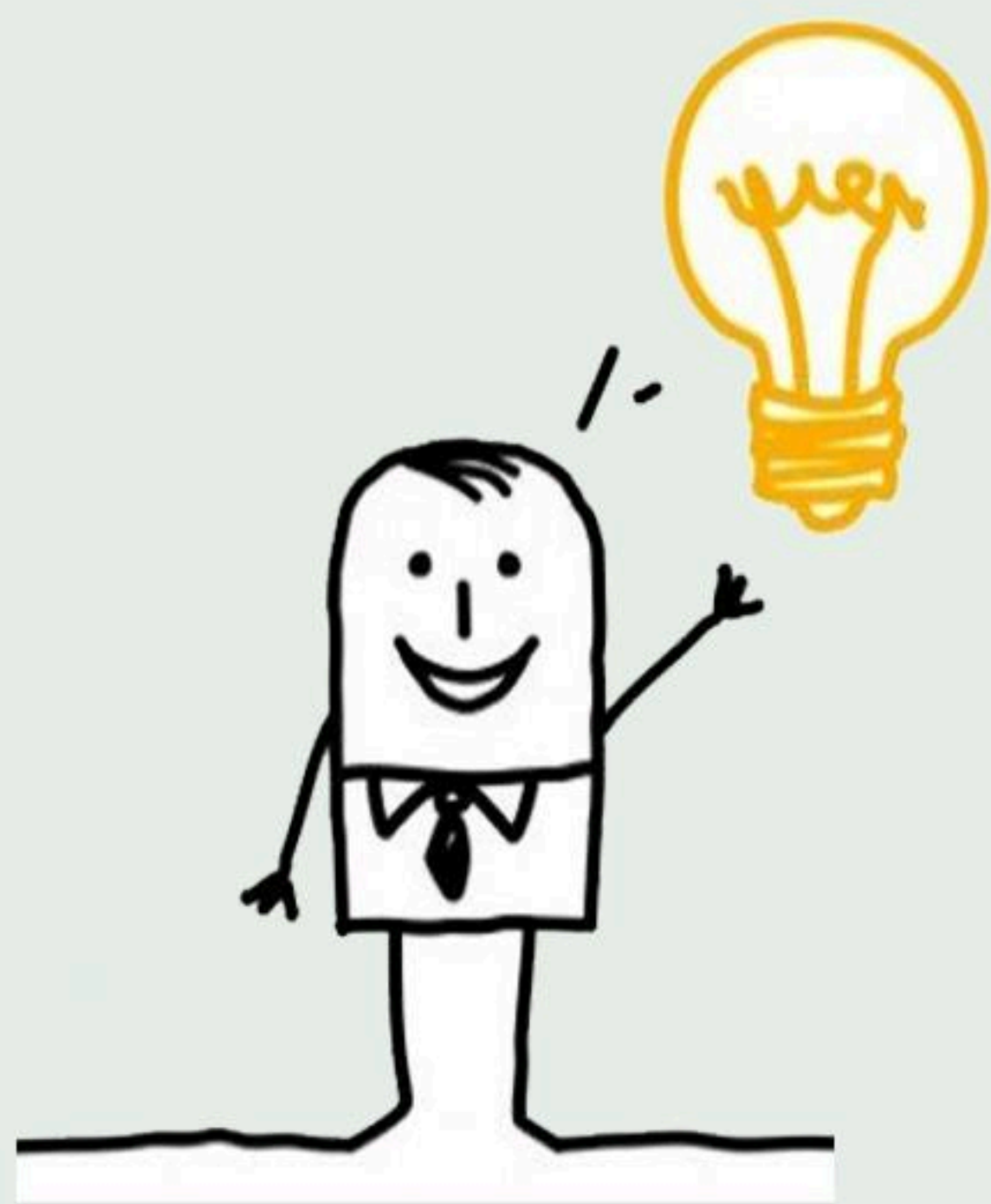
The DLSU-D Psychology Department/Center for Applied Psychology, in particular, offers online support services for members of the Lasallian community who might need help in coping with the psychological impact of this life-threatening phenomenon.



COMPONENTS OF THE SERVICE:

1. Tele-counseling/therapy
2. E-psychological first aid (E-PFA)
3. Provision of online psychoeducation materials

HOW TO AVAIL OF OUR SERVICES?



1. Individuals who are interested to seek consult or counseling/psychotherapy must choose to go through any of the appropriate online/private messaging systems (synchronous chat, asynchronous email, cellphone messaging, videoconferencing, or whatever feasible).
2. They will also have to be directed to an online signup sheet beforehand to establish their identity and to initially identify their presenting concerns.
3. They will have to arrange online appointment (for those who want synchronous chat or connection) with identified mental health provider/s using the provided cellphone or private messaging systems.
4. Remember that availment of these services are governed by existing ethical guidelines on the provisions of tele-mental health, e-therapy and other related services.

To begin the process, please click this link : <https://www.facebook.com/DLSUDCAP/>



Prof. Silfa C. Napicol
scnapicol@dlsud.edu.ph
Tel #: 09190005174
Available schedule:
Monday-Friday: 9:00 am - 5:00 pm



Dr. Evangeline C. Ruga
ecruga@dlsud.edu.ph
Tel.# 09178358001
Available schedule:
Tuesday: 1:00 pm - 5:00 pm
Wednesday: 10:00-12:00; 2:00-4:00



Prof. Ricardo A. Clores
raclores@dlsud.edu.ph
FB/Messenger account: Ricky Clores
Monday: 9:00 am - 12:00 nn
Wednesday: 1:00 pm - 5:00 pm
Saturday: 1:00 pm - 5:00 pm

Dr. Consuelo O. Peralta
FB/Messenger account: Conch Peralta
Available schedule:
Wednesday: 10:00 am -5:00 pm

Dr. Isabelita C. Celestino
pinkycelestino14@yahoo.com
Available schedule:
Monday-Friday: 10:00 am -12:00 nn

Prof. Zuvelyn M. Baustista
FB/Messenger account: Zuvelyn Baustista
Available schedule:
Tuesday and Thursday
9:00 am - 12:00 nn

Prof. James Philip Ray V. Piggolio
FB/Messenger account:
James Phillip Ray Piggolio
Available schedule:
Friday : 2:00 pm - 5:00 pm

VOLUNTEERS:

Manuel Dela Cruz
Mvdelacruzjr@gmail.com
Tel.#:09357519227
Facebook/messenger:
Joonee Dela Cruz
Available schedule:
Monday - Friday: 9:00 am - 5:00 pm

Mae Nagtalon
mae_b_n@yahoo.com
CP & Viber: 0977-2478664
Facebook/messenger: UP Mae
Available schedule:
Monday - Friday: 5:00 pm - 7:00 pm
Saturday: 1:00 pm - 5:00 pm