

January 22, 2021

To DLSU-D Academic community:

In view of the institutional Self-Care Week on Jan. 25-30, 2021, the DLSU-D Psychology Department/Center for Applied Psychology (DCAP) would like to enjoin those who may be interested to access free online resources on Katatagan (Resilience) using these links:

These resources which you can use at your own time are made possible through the Psychological Association of the Philippines Mental Health and Psychosocial Support Special Interest Group (PAP-MHPSS SIG) with which DCAP is affiliated. We have also been included in the group's nationwide listing of clinics/centers providing online mental health services since the onset of the COVID-19 crisis serving both members and non-members of the Lasallian community.

Also, please be informed of the ongoing partnership between DCAP and HRMO dubbed as "GABAY," a mental health care and support program for the university's support personnel.

Finally, those who would like to avail of specific DCAP services during the week or at any time of your choosing may also access our link on DCAP's FB page:

Thank you and keep safe.

Very truly yours,

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Endorsed:

Dr. Betty E. Tuttle
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