



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

DO YOU
FEEL LIKE
LIFE IS
NOT
WORTH
LIVING?



ARE YOU EXPERIENCING ANY OF THIS?

Pain that seems overwhelming
and unbearable

Feelings of worthlessness and
hopelessness

Constant negative thoughts

Loneliness

Difficulty imagining any way to
deal with your problems other
than suicide

HERE'S WHAT YOU NEED TO KNOW.

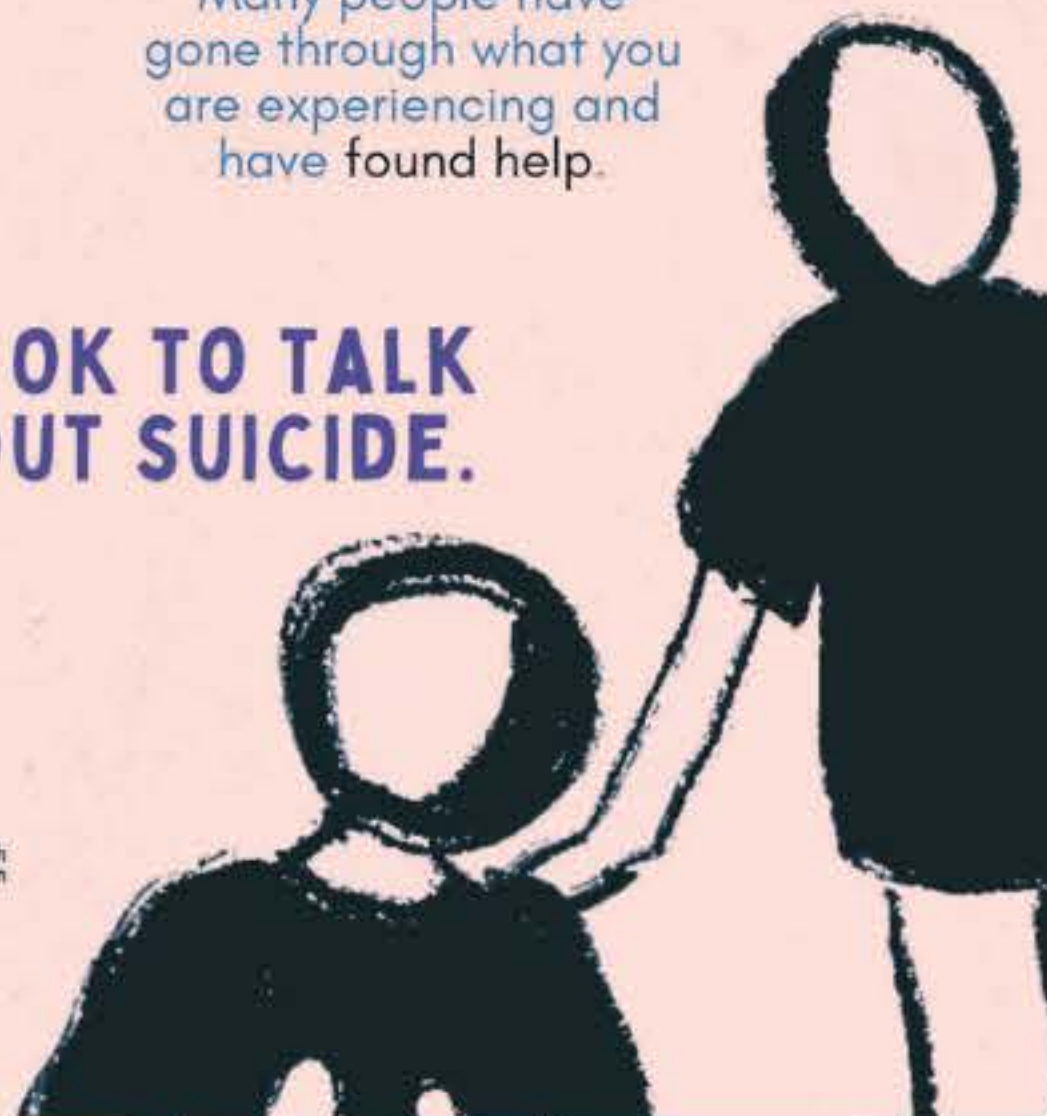
YOU
ARE NOT
ALONE.



Many people have
gone through what you
are experiencing and
have found help.

IT'S OK TO TALK
ABOUT SUICIDE.

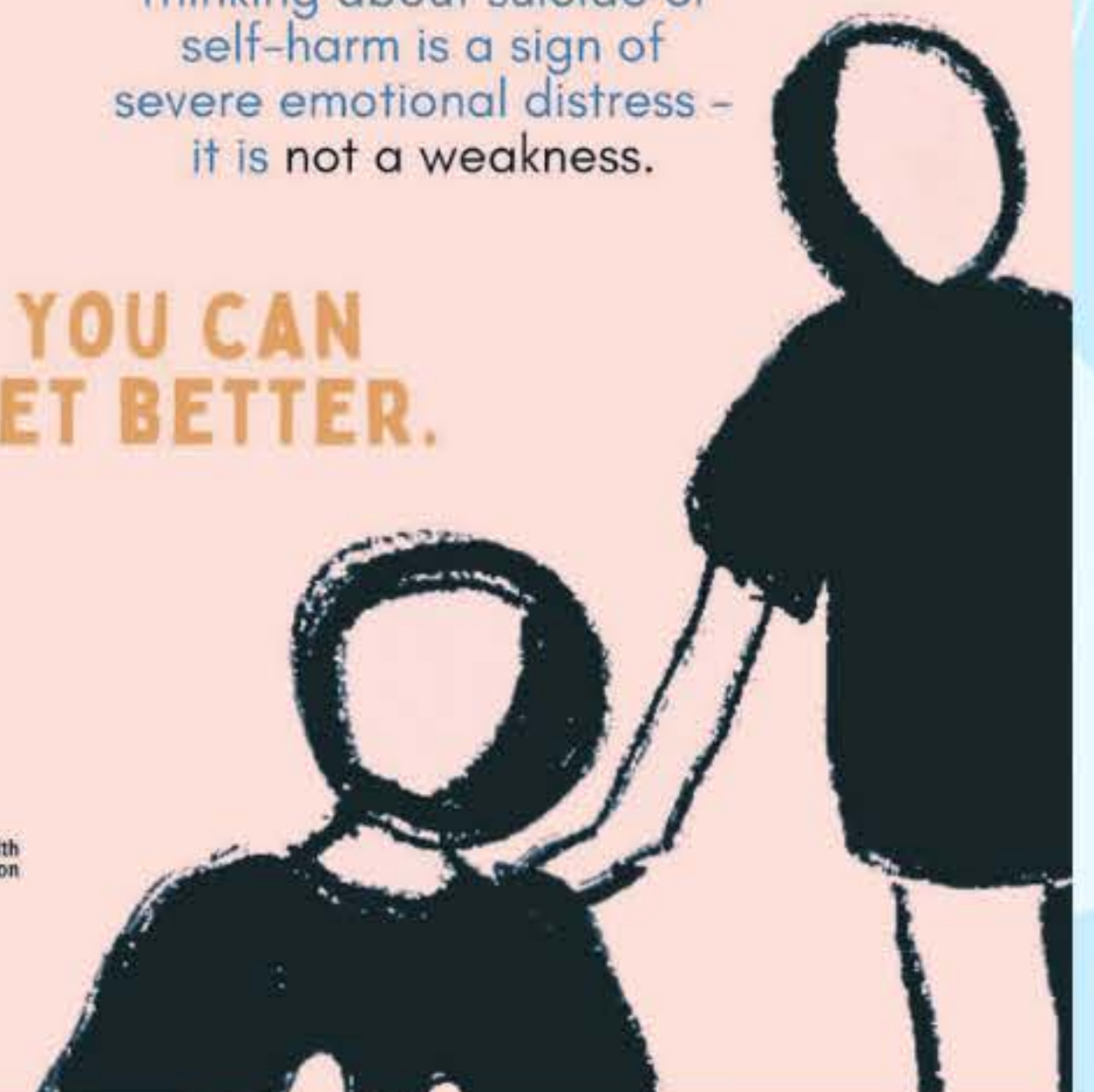
World Health
Organization



Thinking about suicide or
self-harm is a sign of
severe emotional distress -
it is not a weakness.

YOU CAN
GET BETTER.

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YOU CAN

Talk to someone you trust
about how you feel.

Talk to a health worker,
counsellor, or social
worker.

Join a support group.

If you think you're in
immediate danger of
harming yourself, contact
the emergency services or
a crisis line.

You can contact the DLSU-D
Student Wellness Center
046-481-1900 loc 3054

#UHCares

Source: WHO HEALTH ADVISORY



Trunkline: (046) 416 4531

★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm

★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm

★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



univhealthclinic@dlsud.edu.ph

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