



MINDS IN FOCUS, HEARTS IN CARE



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At Urdaneta City University (UCU), education extends beyond academics—it also embraces the emotional and psychological well-being of its students. Through its Psychological Assessment and Counseling Center under the Office of Student Affairs, the university ensures that every student has access to professional mental health support and guidance.

The center provides confidential counseling services, psychological assessments, and wellness programs designed to help students manage stress, anxiety, and other challenges that affect their personal and academic lives. Licensed counselors and trained faculty members are always ready to listen, offering a safe and supportive space where students can express themselves freely.

Beyond individual sessions, UCU also promotes mental health awareness through seminars, workshops, and campaigns that encourage open dialogue about emotional resilience and self-care. Events like "Coping Mechanisms for Well-Being"—a two-day training facilitated by the Center for Training and Professional Development—highlight the university's dedication to building a mentally healthy community for both students and staff.

These initiatives align with the United Nations Sustainable Development Goals, particularly SDG 3 (Good Health and Well-Being) and SDG 4 (Quality Education), reflecting UCU's belief that true learning happens when both the mind and heart are cared for.

Through compassion, awareness, and professional support, UCU continues to uphold its mission of nurturing not only competent learners but also emotionally grounded individuals—proving that mental health truly matters in the journey toward holistic education.

MAKE SDG#3 A REALITY

3 GOOD HEALTH
AND WELL-BEING

