



Mental Health Support

1. Mental Health Support

P2K2 offers free counseling services to the Unpad community, emphasizing character strengthening and mental health through preventive, curative, and promotive approaches. The program has facilitated over 1,100 counseling sessions, predominantly for individuals aged 17–26 facing clinical issues. Additionally, P2K2 launched the KeZaZhar Podcast YouTube channel to support the personal development of new students.

The Aksen program, under the Public Service Department of BEM Kema Fapsi Unpad, aims to raise awareness about the significance of mental health through roadshows and campaigns for World Mental Health Day. It provides free counseling services to students across Indonesia in collaboration with 25 counselors and psychologists. Meanwhile, Hi-Care, managed by the Student Welfare Department of BEM Kema Fapsi, focuses on mental health education and peer counseling services. Hi-Care successfully organized knowledge-sharing sessions with students from Unitar Malaysia and conducted 65 peer counseling sessions for 49 active Unpad students. Collectively, these initiatives reflect Fapsi Unpad's commitment to providing comprehensive mental health support within its academic community.

link :

<https://psikologi.unpad.ac.id/en/bem-kema-fapsi-unpad-receives-faculty-funding-support-to-enhance-student-activities/>

P2K2 Counseling Registration Form :

<https://docs.google.com/forms/d/e/1FAIpQLScYVx4X6NsLYcwwkNC-LPcU4DqLJ2c3MrRw6HQ43r-VkHA-VA/closedform>

Social Media : @p2k2.unpad , @aksenunpad , @hicareunpad

2. Center for Psychological Innovation: <https://pip.unpad.ac.id/> , @pip.unpad

a. Individual Services

Individual services for children and adolescents are conducted face-to-face or remotely (online). Remote services are carried out according to the principles of telepsychology, using secure platforms and information systems. Face-to-face services are held at the PIP Unpad location, with consultation rooms, test rooms, observation rooms and open areas. Adult assessment and intervention are carried out in an integrative



manner based on a biopsychosocial approach, which is carried out face-to-face (offline/on-site) or remotely (online). Our online psychology consultations have reached various regions in Indonesia and outside Indonesia, such as Australia, Japan, Dubai and the Netherlands.

b. Organizational Services

Services for organizations in facing the challenges faced by the organization and supporting the optimization of organizational work processes. Can be carried out for various levels (executive, managerial, leadership, etc.), various organizational needs (selection, rotation, mapping, etc.), and various methods (psychological tests, individual simulations, group simulations, etc.).

c. Psychometrics and Professional Development

d. Cognitive Ability Test

The cognitive ability test is a test that measures thinking abilities, including individual understanding and reasoning abilities. PIP Unpad organizes two forms of cognitive ability tests.

3. Department of Mental Health

Universitas Padjadjaran demonstrates a strong commitment to mental health, particularly within the campus community. Through its Faculty of Nursing and the Department of Psychiatric Nursing, the university provides specialized education and training to equip future healthcare professionals with the necessary skills to address mental health challenges. Additionally, Unpad offers a Medical Specialist Program in Psychiatry (Pendidikan Dokter Spesialis-I Psikiatri), further emphasizing its dedication to advancing mental health expertise. Furthermore, the university's commitment to monitoring students' progress, both academically and professionally, ensures that mental health awareness and competencies are effectively integrated into the educational experience. This holistic approach not only supports students' mental well-being but also prepares them to make a positive contribution to mental health services within the broader community.



link :

<https://fkep.unpad.ac.id/en/keperawatan-jiwa/> ,

<https://fk.unpad.ac.id/program-studi-dokter-spesialis-1/sp1-psikiatri/>

4. Seminar

- a. Fostering Mental Health: Enhancing Well-Being Among Female Academic Staff

<https://www.unpad.ac.id/2024/07/olah-jiwa-buat-kesehatan-mental-ibu-pekerja-lebih-terjaga/>






b. World Mental Health Campaign

<https://www.instagram.com/p/DA7V-wzvlJw>



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 pip.unpad World Mental Health Day 2024: Mental Health at Work

Kesehatan mental di tempat kerja adalah fondasi penting bagi kesejahteraan kita semua. Di tahun ini, mari bersama-sama ciptakan lingkungan kerja yang mendukung kesehatan mental, bebas dari stigma, dan memastikan setiap pekerja merasa didukung!

#WorldMentalHealthDay #WMHD2024 #MentalHealthAtWork #KesehatanMental

26w See translation

55 likes
October 10, 2024

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