



THE Impact Rankings Questionnaire

Faculty : Faculty of Psychology
University : Universitas Indonesia
Web address : <https://psikologi.ui.ac.id/>

[3] SDG3: Good Health and Well-being

[3.3] Collaborations and health services

[3.3.5] Mental health support Provide students with access to mental health support.

FPsi UI also offers free mental health services for all students in UI, including peer counseling. Additionally, psychology students have access to professional counseling services with psychologists. The Klinik Terpadu UI provides psychological services to students who are facing mental health issues, supported by the student unit's budget to cover psychologist fees. Mental health services from psychologists are also available to the public for a fee.

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Departemen Kajian dan Aksi Strategis

PSYHOPE

Layanan Konseling

di Klinik Satelit UI
Makara

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#ArtikanLangkahNyata

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Alur Layanan Konseling

1. Mengisi formulir pembuatan janji konseling pada tautan bit.ly/layanankonselingUI
2. Menunggu pesan melalui *WhatsApp* sekitar H-1 minggu dari jadwal
3. Datang ke Klinik Makara atau *Room Google Meet* pada waktu yang telah dijadwalkan
4. Jika ada pertanyaan atau kendala, dapat menghubungi Admin melalui nomor 085210001514

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Badan Konseling Mahasiswa di UI

#2

Rumpun
Saintek
dan RIK

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Nah, itu tadi layanan kesehatan mental fakultas di Rumpun Saintek dan RIK. Bagi teman-teman yang BKM di fakultasnya **belum dapat diakses**, tenang *aja*, ya. Kalian bisa mengakses layanan kesehatan mental lainnya di UI:

Klinik Satelit Makara (Gratis)
Cara Daftar: <https://bit.ly/layanankonselingUI>

Peer Counselor Psyhope UI (Gratis)
Cara Daftar: <https://empoweruni.com>

Peer Counselor Fakultas (Gratis)
FKM: Curhat Bareng Adkesma (OA LINE: @xiz2713d)
FMIPA: MIPA Bercerita (OA LINE: @452cftot)
FASILKOM: Curhat Sama Panda (IG: @curhatsamapanda)
FF: Pharmates (IG: @adkesma.bemfui)
FT: Dengarkan Mengerti (IG: @demi.ftui)

LPT UI (Berbayar):
Cara Daftar: <http://bit.ly/PermintaanKonseling>
Biaya:
Konseling *online*: Rp250.000,00—Rp600.000,00
Konseling *offline*: Rp350.000,00—Rp700.000,00

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FPsi UI provides information about mental health services that are accessible to students from various departments across the university.

Departemen Advokasi dan Kesejahteraan Mahasiswa

Hopemates, tahu nggak, sih? Ada yang beda dari registrasi layanan konseling sebaya di Psyhope UI tahun ini, lho!

Registrasi layanan konseling sebaya di Psyhope UI tahun ini menggunakan situs web **empoweruni.com** yang merupakan bentuk kerja sama BEM Fakultas Psikologi UI 2023 dan BEM Fakultas Ilmu Komputer UI 2023 yang ditujukan untuk menjadi wadah terintegrasi informasi terkait kesehatan mental yang ada di Universitas Indonesia, termasuk registrasi layanan konseling sebaya yang tersedia.

"Wah, sistem registrasinya berubah."

"Bagaimana, tuh, cara registrasi yang baru?"

Yuk, simak tata cara pendaftarannya!

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Tata Cara Pendaftaran

- Masuk ke situs web **empoweruni.com** dengan **log in** menggunakan akun **SSO**.
 
- Lengkapi data diri yang meliputi jenis kelamin dan **platform konseling** yang diinginkan.
 

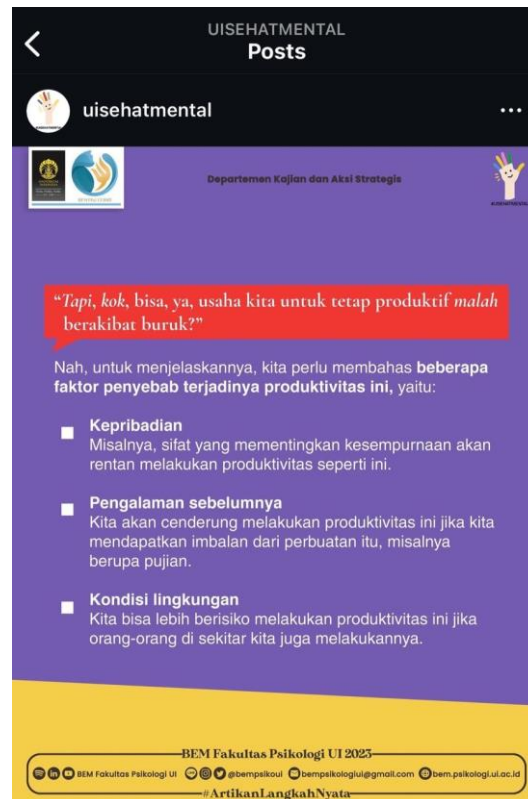
+Hopemates diharapkan untuk mencantumkan akun aktif yang akan digunakan saat sesi konseling nantinya, ya.

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The Faculty of Psychology provides counseling services available to students from all departments. The counseling is offered by peer counselors who have been trained by professionals. The service is also supervised by experienced psychologists. Students can register for the counseling service at www.empoweruni.com.



The Faculty of Psychology organizes various events, such as workshops and talk shows on mental health topics. These topics range from managing negative emotions to personal empowerment, stress management, building resilience, and improving mental well-being. The events cover practical strategies to help individuals cope with daily challenges and foster a positive mindset. These events are conducted both online and offline, targeting not only the campus community but also the general public, providing valuable insights and support to a broader audience.



The Faculty of Psychology is also actively publishing psychoeducational content on social media. The topics discussed are often related to daily trends, making them interesting to read. This psychoeducational content aims to help students overcome challenges and optimize their potential. The image above is an example of such content. For more information, please check [@uisehatmental](https://www.instagram.com/uisehatmental) and [@psyhope.ui](https://www.instagram.com/psyhope.ui) on Instagram.