

---

# Emotional well-being and Mental Health

## UAB Campus

(\*) Provisional map in order to have the definitive model and circuit approved. It is in process.

# UAB student guide 2023/24:



## Què trobaràs en aquesta guia?

Els enllaços que més et poden interessar:

- 1 Estudiants de nou accés a la UAB ⇨
- 2 Estudiants de la resta de cursos ⇨
- 3 Estudiants estrangers ⇨
- 4 Estudiants amb una discapacitat o amb NESE ⇨
- 5 Estudiants que finalitzen els estudis ⇨

Estudiar a la UAB:

- 6 Tots els estudis de la UAB ⇨
- 7 La matrícula ⇨
- 8 Les persones de referència al teu centre d'estudis ⇨
- 9 Tens preguntes sobre els estudis? ⇨
- 10 Mobilitat i intercanvi ⇨

## Què trobaràs en aquesta guia?

- 11 Les pràctiques externes ⇨
- 12 El reconeixement i la transferència de crèdits ⇨
- 13 Els premis i concursos acadèmics ⇨
- 14 El títol i els certificats ⇨
- 15 Alumni UAB ⇨
- 16 Les biblioteques i els espais d'estudi ⇨
- 17 Els serveis informàtics i els recursos en línia ⇨
- 18 Impressió i reprografia a la UAB ⇨
- 19 Els programes específics d'atenció a l'estudiant ⇨
- 20 L'atenció mèdica ⇨
- 21 L'atenció psicològica ⇨
- 22 L'atenció pedagògica ⇨

## Què trobaràs en aquesta guia?

A més d'estudiar, què pots fer al campus?

- 23 Activitats culturals ⇨
- 24 Participació estudiantil ⇨
- 25 Emprenedoria i innovació ⇨
- 26 Orientació professional ⇨
- 27 Idiomes ⇨
- 28 Esports ⇨
- 29 Voluntariat i acció social ⇨
- 30 Allotjament ⇨

La UAB:

- 31 Les xarxes i l'actualitat de la UAB ⇨
- 32 Els òrgans de govern i de representació ⇨

## Què trobaràs en aquesta guia?

- 33 Els calendaris i els tràmits ⇨
- 34 Les normatives i la legislació ⇨
- 35 Fer una queixa o un suggeriment ⇨

Centres d'estudi i serveis al campus:

- 36 Serveis d'informació ⇨
- 37 Centres docents propis ⇨
- 38 Centres docents adscrits i vinculats ⇨
- 39 Serveis de suport a l'estudi ⇨
- 40 Serveis del campus ⇨

Tens una emergència?

Truca al Servei de Seguretat i Vigilància del campus

93 581 2525

<https://www.uab.cat/doc/guia-estudiant.pdf>

The document contained information on resources for study, scholarships, work pool and internships, as well as information in relation to the services and countries of the UAB with the libraries, the study sales, the Health Care Services, sports equipment (Physical Activity Services), restaurants, languages that can be studied on campus, volunteer programs, etc.

# Map of Services, Units and Functions at the UAB Campus: (9)

- Assessment and accompaniment



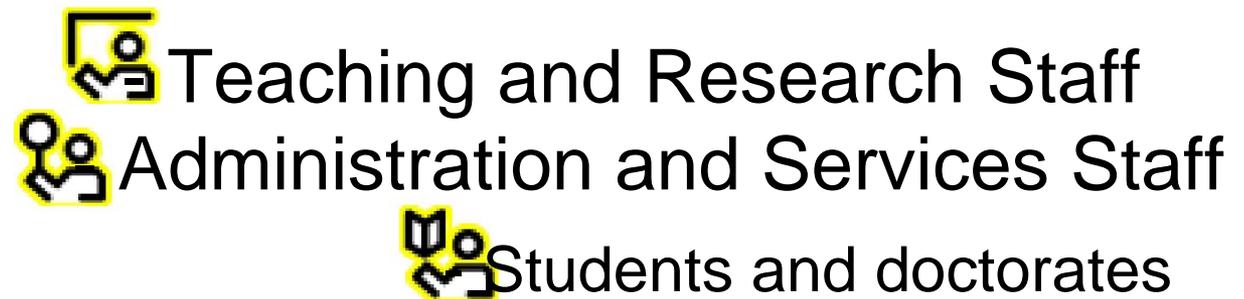
- Training



- Clinical assistance



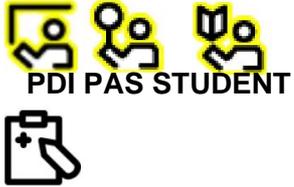
- Research



(\*) Provisional map in order to have the definitive model and circuit approved. It is in process.



## Health Assistance Service



935812980 / [unitat.psicologia@uab.cat](mailto:unitat.psicologia@uab.cat)

Avda Can Domènech - Building F

<https://www.uab.cat/sas/>

General Psychological and Psychiatric Assistance: Patients with needs, difficulties or patients related to their personal, professional, emotional and relational lives. Alumnat, professorat and workers.

- Free service directed to the university community, carried out by one sanitary service company and subsidy for the UAB
- You can speak in Anglesa language.
- Reconeixements and visits by health doctors to workers/res in the mark of the prevention of labor risks.



## Servei Psicologia i Speech Therapy

93 5812901 / 2460 [spl@uab.cat](mailto:spl@uab.cat)

Room P-23. Building B - Faculty of Psychology

<https://webs.uab.cat/spl/>

The Psychology and Speech Therapy Service (SPL) is a service for the UAB community and on the territory, in a spirit of profit, and is formatted by teachers of the Faculty of Psychology and by professionals recognized by Psychology and Speech Therapy.

Specialized Psychological Assistance: *1st session free, subsequent 50euros/h approx.*

- o Body Image
- o Stress and Health Unit
- o Psicogènere (Gratuït - Subvencionat pel Rectorat)
- o Clinical Psychology i Neuropsychology
- o Trauma, Crisis and Conflicts
- o Speech therapy (Specific Learning Disorders, Vision Disorders, Dysphagia and Speech Disorders) l'articulació)
- Trainings, workshops and assessment
  - o Stress Management
  - o Coaching and academic accompaniment
  - o Curricular adaptations in problem cases Mental Health per Campus Studies (coordinat amb PIUNE).

# Emergències or urgencies Mental Health



## Equips Primers Auxilis dels Centres.

Names and telephone numbers of all posters of your respective centres.



## **935812525** Sanitary emergencies at the UAB Campus

### **112** Emergencies

**061 Salut Respon.** At 061 you will find a team of mental health specialists – nursing, psychology and psychiatry – who offer 24-hour care 365 days a day to people with suicidal behavior or ideation, but also to family members or proper people. .

### **Health Centers (SAS or SPL to the UAB)**

If you feel emotional discomfort and believe that you have overcome the situation, go to your Primary Care Center. The family manager will evaluate which is the best option for treatment.



## University Social Responsibility - *Campus Healthy and Sustainable*



93 581 4386 / [Responsabilitat.social@uab.cat](mailto:Responsabilitat.social@uab.cat)

Edifici A. Despatx a/1015

<https://www.uab.cat/rsu/>

- Strategic line in Mental Health and Emotional Well-being
- Different UAB actors participate •
- Webinars / workshops / campus actions • Try to bring together and disseminate different campus actions . Agenda on the web.
- Enquesta campus health



## Autonomous Solidarity Foundation

### Service for Inclusion at the UAB - PIUNE

935814716 / 649179815 [fas.piune@uab.cat](mailto:fas.piune@uab.cat)

Civic Square. Local 02

<https://www.uab.cat/web/discapacitat-i-nee/coneix-el-piune-1345750500520.html>



The PIUNE is a service whose mission is to promote attention to students with specific educational needs and guarantee academic and social inclusion on the UAB campus.

- Assessor on Specific Educational Needs
- Reference tutors for each faculty <https://www.uab.cat/web/discapacitat-i-nee/responsables-d-inclusio-1345767327905.html>
- PACSE. Curricular adaptations in problem cases Mental Health per You study on campus (coordinat amb SPL).



## Autonomous Solidarity Foundation

### Volunteer Salut program – FAS

93 581 34 55 [fas.salut@uab.cat](mailto:fas.salut@uab.cat)

Edifici R. Plaça

Cívica. <https://www.uab.cat/web/accio-social-/programa-salut-1345767674056.htm>



- Xiringu point assessment with volunteers and training •
- Xiringu also has a [Telegram channel](#) It is shared throughout the entire course, including interesting and relevant news, videos, posters, xerrades •
- Voluntary Mental Health Training
- Groups accompaniment and workshops for students • Health Program: If you have questions, they can be consulted and treated with total confidentiality.



## Observatory for equality

93 581 29 29 [atencio.observatori.igualtat@uab.cat](mailto:atencio.observatori.igualtat@uab.cat)

L'Àgora (Building R) Despatx R/129

<https://www.uab.cat/observatori-igualtat/>



The UAB Observatory for Equality is at the disposal of the UAB community through the Psychogènere Unit and serves counseling, assessment and psychological follow-up for people who have seen or seen abusive relationships and gender violence.

This service is free for people who are part of the UAB community (students, PAS, and PDI).



## Unitat Assessorament Psicopedagògic

935812943 [uap@uab.cat](mailto:uap@uab.cat)

Rectorate Building. Despatx 53

<https://www.uab.cat/ca/ice/suport-estudiants> It

is a service that donates support to the continuous learning process of UAB students. They offer individualized attention, along with a follow-up of activities that they provide for their comprehensive learning process.

- Psychopedagogical attention. •
- Learning Strategies
- Vocational guidance
- Work directly with the students
- Coordinate with PIUNE



## Prevention and Assistance Area

93 581 19 50 / [a.prevenccio.assistencia@uab.cat](mailto:a.prevenccio.assistencia@uab.cat)

Rectorat Building

<https://www.uab.cat/web/coneix-la-uab/>

[itineraris/prevenccio-1345685122993.html](https://www.uab.cat/web/coneix-la-uab/itineraris/prevenccio-1345685122993.html)

- Prevention and assessment of occupational and health risks
- Inform, assess and assist prevention delegates
- Monitoring and control of the agreements of the Committee  
Security and Health of the University
- The Welfare part is portal to terme pel Servei  
Health care.



PDI PAS



## Professional Training and Development Unit

93 5812160 [formacio@uab.cat](mailto:formacio@uab.cat)

Rectorat Building

<https://www.uab.cat/web/personal-uab/personal-uab/personal-pas/que-es--1345696853120.html>

- Training activities for PAS and PDI, free, preferably during working hours.
- These are activities included in the UAB training program and in the plan of the health and safety committee.
  - Training activities for emotional well-being, stress management, conflict management in some cases aimed at specific profiles such as team managers, tutors or teachers.
- It is published in pad 3 times l'any.

## MOOC- courses Training at Coursera

93 586 80 53 [mooc@uab.cat](mailto:mooc@uab.cat)

<https://www.coursera.org/uab>



- Primers Auxilis Psicològics (adaptats to different stages).

<https://www.coursera.org/learn/pap#syllabus>

- Emotions: a Philosophical Introduction

<https://www.coursera.org/learn/emotions>



## Community of strategic reptes in Mental Health

phone 636552655/ [core.salut.mental@uab.cat](mailto:core.salut.mental@uab.cat)

Building B. Despatx B.001

<https://www.uab.cat/core-salut/>



PDI PAS STUDENT

- Brings together UAB research groups and the Health sphere  
Mental

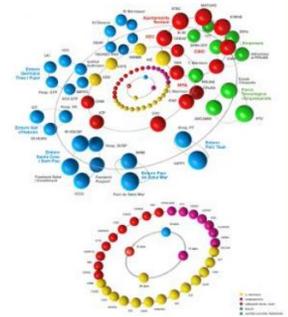
- Interdisciplinary across all areas of connection

- Webinars / workshops / performances

- Research projects

- Repte Aixecament • Connects

both entities / companies / public administration  
of the territory



# UAB Mental Health Services and Units



## Health Assistance Service

935812980 / [unitat.psicologia@uab.cat](mailto:unitat.psicologia@uab.cat) Avda \_\_\_\_\_

Can Domènech - Building F

<https://www.uab.cat/sas/> General

Psychological Assistance •

**PAS, PDI, Students**



## Servei Psicologia i Speech Therapy 93

5812901 / 2460 [spl@uab.cat](mailto:spl@uab.cat) Room P-23\_ Building

B - Faculty of Psychology <https://webs.uab.cat/spl/>

Specialized Psychological Assistance

and training: o Body Image, Eating Disorder o Stress i Health

- o Psychogènera o Clinical Psychology i Neuropsychology
- o Forensic

Psychology o

Trauma, Crisis i Conflicts o Specific Learning

Disorders • **PAS, PDI,**

**Students i PIUNE**



**Fundació Autònoma Solidària**  
UAB CAMPUS

## Servei Per a la Inclusió a la UAB - PIUNE

935814716 / 649179815

[fas.piune@uab.cat](mailto:fas.piune@uab.cat)



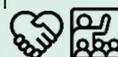
Civic Square. Local 02

<https://www.uab.cat/web/discapacitat-i-nee/coneix-el-piune-1345750500520.html> • Specific Educational

Needs • **Students and center tutors**

## Volunteer Salut program – FAS 93 581

34 55 [fas.salut@uab.cat](mailto:fas.salut@uab.cat) Edifici R. \_\_\_\_\_



Plaça Cívica. [https://](https://www.uab.cat/web/accio-social-/programa-salut-1345767674056.html)

[www.uab.cat/web/accio-social-/programa-salut-1345767674056.html](https://www.uab.cat/web/accio-social-/programa-salut-1345767674056.html) • Xiringu point

assessment with volunteers and training •

**Students**



## Unitat Assessorament Psicopedagògic

935812943 [uap@uab.cat](mailto:uap@uab.cat)

Rectorate Building. Despatx 53 [https://](https://www.uab.cat/web/unitat-d-assessorament-psicopedagogic-uap-1345719337559.html)

[www.uab.cat/web/unitat-d-assessorament-](https://www.uab.cat/web/unitat-d-assessorament-psicopedagogic-uap-1345719337559.html)

[psicopedagogic-uap-](https://www.uab.cat/web/unitat-d-assessorament-psicopedagogic-uap-1345719337559.html)

[1345719337559.html](https://www.uab.cat/web/unitat-d-assessorament-psicopedagogic-uap-1345719337559.html)

• Support to the learning process

• **Students**



## Training and Development Unit professional

93 5812160 [formacio@uab.cat](mailto:formacio@uab.cat)

Rectorat Building

[https://www.uab.cat/web/unitat-d-](https://www.uab.cat/web/unitat-d-assessorament-psicopedagogic-uap-1345719337559.html)

[assessorament-psicopedagogic-](https://www.uab.cat/web/unitat-d-assessorament-psicopedagogic-uap-1345719337559.html)

[uap-1345719337559.html](https://www.uab.cat/web/unitat-d-assessorament-psicopedagogic-uap-1345719337559.html)

• Trainings related to Mental Health

• **PAS I PDI**



## Prevention and Assistance Area 93

581 19 50 / [a.prevenccio.assistencia@uab.cat](mailto:a.prevenccio.assistencia@uab.cat)

Rectorat Building

Prevention of occupational and health risks

• **PDI I PAS**



## Emergencies

**Cerqueu EQUIP FIRST AUXILIS to the center**  
**061 Suicide prevention**

## Emergencies

**2525 Urgències UAB – Telefon seguretat**  
**112 Emergencies**