



***UPD Directory of
Emergency Hotlines
and Essential Services***

Physical and Mental Health Concerns

UP Diliman Health Service (UPHS) Public Health Unit

For contact tracing, reporting PUI or PUM, and other health events verification request

Mobile number 0947 427 9281
Facebook page <https://www.facebook.com/phudiliman>

UPHS Online

For non-urgent medical consultation and medical prescription refills

Email uhs.updiliman@up.edu.ph
Facebook page <https://www.facebook.com/UPDHealthService/>

Dr. Dinah Nadera of UPHS

For Mental Health Consultation or Psychiatric medication prescription refills

Email lusogisip.uhs@gmail.com
Website www.picktime.com/Lusoglsip

UPHS Emergency Room

For emergency medical consultations

Telephone number (02) 8 981 8500 local 111

ARV Treatment and related services c/o Sustained Health Initiatives of the Philippines, Inc. (SHIP)

A PSA from the UP Health Service #ARTinECQ.

Telephone number (02) 3 491 3479 (2pm to 7pm, including weekends)
Email shipclinicshaw@gmail.com

UP Psychosocial Services (PyscServ)

Pyscserv offeres free telepsychotherapy to frontliners (e.g. healthcare workers, security guards, delivery drivers, janitors, cashiers, etc.); PUMs and PUIs; relatives of frontliners, COVID-19 positive individuals, PUMs, PUIs; and anyone affected and/or disturbed by the COVID-19 Pandemic.

Mobile number 0916 757 3157
Email psycserv.upd@up.edu.ph

The office is shifting all therapy sessions online via video/audio call. UP Diliman students, faculty and staff may sign up through the online form at bit.ly/PyScServ or bitly/PyScservPH. Psychological Services Specialists will get in touch and will accommodate through teletherapy.

Office of Counseling and Guidance

For UP students, who need counseling and guidance in handling and coping with stress, emotional problems, academic problems, and adjustment difficulties

Email ocg.updiliman@up.edu.ph
Facebook page <https://www.facebook.com/ocg.upd/>

Academic and Community Concerns

UP Diliman

For statements of the UP Diliman Chancellor, general announcements, bulletins and other information

Trunkline	(02) 8 981 8500
Facebook page	https://www.facebook.com/OfficialUPDiliman/
Twitter	https://twitter.com/Official_UPD
Instagram	https://instagram.com/officialupdiliman
YouTube	https://www.youtube.com/c/UniversityofthePhilippinesDilimanOfficial
Website	http://upd.edu.ph

Office of the Vice Chancellor for Academic Affairs

For questions on academic matters such as class schedules, dropping, LOA, academic contingencies, and other academic concerns

Email	ovcaa.upd@up.edu.ph
Website	https://ovcaa.upd.edu.ph/

Office of the Vice Chancellor for Community Affairs

For announcements concerning the UP Diliman campus and members of the community, and for questions on community concerns such as faculty and staff housing, maintenance, use of campus facilities and grounds, primary health care, implemented traffic schemes on campus, transportation and other services of the OVCCA

Mobile Number	0931 011 5067 (text messaging only)
Email	ovcca.updiliman@up.edu.ph
Facebook page	https://www.facebook.com/ovcca/
Website	https://ovcca.upd.edu.ph/

UP Diliman Police

For members of the UP Diliman community who would like to report untoward incidents and/or ask questions on matters concerning peace and order on campus

Telephone numbers	(02) 8 981 8500 local 113 (02) 8 928 3615
Facebook page	https://www.facebook.com/UPDilimanPolice/

Campus Maintenance Office (CMO)

For services concerning the overall upkeep of the UP Diliman campus

Mobile number	0977 784 1234 (Quick Response Team c/o Engr. Oliver Penuliar)
Telephone Number	(02) 8 981 8500 local 116
Email	cmo_director.upd@up.edu.ph

UP System

For statements of the UP President, general announcements, bulletins, news and other stories about UP and other information

Facebook page	https://www.facebook.com/upsystem
Twitter	https://twitter.com/upsystem
Website	https://www.up.edu.ph/

Student Concerns

Office of the Vice Chancellor for Student Affairs

For questions and announcements related to the needs and/or welfare of UP Diliman students such as student housing and other student services

Email ovcsa.upd@up.edu.ph
Facebook page <https://www.facebook.com/ovcsa/>
Website <http://ovcsa.upd.edu.ph>

University Student Council (USC)

For announcements on the initiatives or projects of the student council, and for questions or concerns related to the needs and welfare of UP Diliman students

Mobile number 0943 397 4747 (Froilan Cariaga, USC Councilor)
Facebook page <https://www.facebook.com/USCUPDiliman/>

Donation Efforts

Donations in kind will be given to stranded students while the cash donations will be used to buy and distribute rice, food essentials and soap packs to communities and manininda.

Donated appliances will be for the use of student dormers. Donors may donate washing machines (since laundry shops on campus are currently closed due to the Enhanced Community Quarantine); microwave for heating food, and/or refrigerator to store food donations.

For Cash Donations for Students

LBP UPD Campus Branch

Account name po: UPD TRUST FUND

Account number: 3072-1007-18

DBP Commonwealth Branch

Swift Code: DBPHPHMM

Account name: UPD TRUST ACCOUNT

Account Number: 0455 -010531-030

Please email copy of deposit slip/online transaction to Ms Leny Madriaga at Immadriaga1@up.edu.ph. When sending the deposit slip, please indicate the kind of good (alcohol, rice, canned food) that you would like to be bought with your generous contribution.

For Cash Donations for Non-Student Members of the UP Community (Jeepney Drivers, Vendors, Residents, etc)

GCash and Paymaya

09167654695

Paypal

paypal.me/tieronesantos

BPI

9239 4326 43 / Marco Giorgione A. Dava

GoGetFunding

<https://gogetfunding.com/fundraiser-for-upds-maninindas-and-jeepney-drivers/>

For direct cash donations (an Official Receipt for which will be issued) please give them to:

Ms. Mate Gabrillo

University Food Service Main Office

Kalayaan Residence Hall

University of the Philippines

Diliman, Quezon City

Donation Efforts

For donations in kind (biscuits, crackers, noodles, canned goods, food containers, off lotion, dishwashing liquid, laundry soap, bottled water, lunchboxes, toiletries, body soap, pantyliners/sanitary napkins, utensils, alcohol, masks, halal food), please bring them to:

Appliances (ie. microwave, washing machine, refrigerator) and Food:

Sanggumay Residence Hall, Roces Avenue, UP Diliman, Quezon City (across the Kalayaan Residence Hall)

Goods and others:

Acacia Residence Hall, Apacible cor Laurel Avenue, UP Diliman, Quezon City (near the Parish of the Holy Sacrifice)

For donation queries, please contact:

Office of Student Housing

Contact persons:

Josephine Esteban: 09175103351 (for Sanggumay Residence Hall)

Maricel Rodriguez: 0917538 0325 (for Acacia Residence Hall)

Other Key Institutions

Barangay UP Campus

Telephone number (02) 8 426 9779
Facebook page <https://www.facebook.com/Barangay-UP-CAMPUS-Quezon-City-360559694794074/>

Quezon City Government

Telephone number (02) 8 988 4242
Facebook page <https://www.facebook.com/QCGov/>
Website <https://www.quezoncity.gov.ph>

Department of Health (DOH Call Center)

Telephone numbers (02) 8 651 7800 local 5003-5004 | (02) 165-364
COVID-19 Emergency Hotline (02) 894-COVID (02-894-26843) and 1555
Mobile number 0918 888 8364 (DOH Main Office)
Email doh.callcenter@gmail.com
Facebook page <https://www.facebook.com/OfficialDOHgov/>
Twitter <https://twitter.com/DOHgovph>
Website <https://www.doh.gov.ph/>

National Disaster Risk Reduction and Management Council (NDRRMC)

Telephone Numbers 8 911 1406 | 8 912 2665 | 8 912 5668 | 8 912 3046 | 8 911 5061 to 65 (TRUNKLINE) Local : 100
Email ndrrmoc@gmail.com | ndrrmoc@ocd.gov.ph
Facebook page <https://www.facebook.com/NDRRMC/>
Twitter https://twitter.com/NDRRMC_OpCen
Website <http://ndrrmc.gov.ph>

Philippine National Police (Joint Task Force CV SHIELD Command Center, PNP Command Center)

Telephone number (02) 8 725 3176
Mobile number 0917 538 2495 (Globe) | 0998 849 0013 (Smart)
Email ncovmonitoring@gmail.com
Facebook page <https://www.facebook.com/pnp.pio/>
Twitter <https://twitter.com/pnppio>
Website <http://pnp.gov.ph>

Metropolitan Manila Development Authority (MMDA)

Mobile number 0939 922 7161
Email digitalmmda@gmail.com
Facebook page <https://www.facebook.com/MMDAPH/>
Twitter <https://twitter.com/MMDA>
Website <http://www.mmda.gov.ph>

Department of Interior and Local Government (DILG)

Telephone number (02) 8 925 0343
Email dilgpacc2010@gmail.com
Facebook page <https://www.facebook.com/dilg.philippines/>
Twitter <https://twitter.com/DILGPhilippines>
Website <http://www.dilg.gov.ph>

Other Key Institutions

Department of Labor and Employment (DOLE)

Telephone number 1349 (DOLE Hotline)
Facebook page <https://www.facebook.com/laborandemployment/>
Twitter <https://twitter.com/laborgovph>
Website <http://www.dole.gov.ph>

Philippine National Red Cross

Telephone numbers 8 920 3672 (Quezon City Chapter) | 8 433 6568 (Blood Bank) | 8 433 2151 to 52; 8 434 3751
Emails nbs@redcross.org.ph | communication@redcross.org.ph
Facebook page <https://www.facebook.com/phredcross/>
Website <https://redcross.org.ph/>

PLDT

Telephone numbers (02) 8 8888 171
Hotline 171
Facebook page <https://www.facebook.com/PLDTHome/>
Twitter <https://twitter.com/pldthome>
Website <https://pldthome.com/>

Smart Communications, Inc.

Telephone Numbers *888
(Smart Postpaid, Smart Prepaid, TNT, Smart Mobile Broadband: Plug-It, Pocket WiFi, Smart Bro SIM)
Hotline (02) 8 888 1111
Facebook page <https://www.facebook.com/SmartCommunications/>
Twitter <https://twitter.com/smartcares>
Website <https://smart.com.ph/corporate>

Globe

Telephone numbers +63277301000 (Customer Support Concerns) | +63277301010 (Sales Hotline)
Mobile hotline 211
Facebook page <https://www.facebook.com/globeph/>
Twitter <https://twitter.com/talk2globe>
Website <https://www.globe.com.ph/>