

# UPN "Veteran" Jakarta Partners with the Pulih Foundation to Improve Mental Health Counseling for Academics

Friday, 13 March 2026 15:06 WIB



**UPNVJ Public Relations** - The National Development University "Veteran" Jakarta has collaborated with the Pulih Foundation to provide psychological counseling services and mental health support for students, lecturers, and educational staff.

This collaboration was held on Thursday (March 12, 2026) at the Pulih Foundation office in South Jakarta. Present were Dr. Livia Istanina, founder of the Pulih Foundation, along with her team, the Vice Rector for Student Affairs, Cooperation, and Information Systems of UPN "Veteran" Jakarta, Dr. dr. Ria Maria Theresa, SpKJ., MH, and faculty representatives.

Dr. Livia Istanina welcomed the collaboration. "The Pulih Foundation's Psychological Counseling Service was established as a form of mental health support for individuals affected by violence, conflict, natural disasters, or trauma. Services include consultation and treatment for psychological issues," she said.

Dr. dr. Ria Maria Theresa, SpKJ., MH, explained the urgency of this collaboration. "With a large student population, we face various psychological issues, particularly stress and difficulties adapting to the urban environment. This collaboration is a step towards restructuring the guidance and counseling services on campus," she said.

According to him, the role of the student advisor is also increasingly important in early detection of these problems.

Through this collaboration, UPN "Veteran" Jakarta expects additional resources in the form of experienced psychologists and doctors. Subsequent internal discussions led to the development of concrete programs, including the "Abuse is Not Love" campaign.

This collaboration is expected to strengthen UPN "Veteran" Jakarta's achievements as a mental health-conscious campus in Jakarta and provide easier and more professional counseling access to the entire academic community.

---

Export tanggal : Friday, 13 March 2026 Pukul 17:58:48 WIB.

Exported dari [ <https://www.upnvj.ac.id/en/berita/2026/03/upn-veteran-jakarta-partners-with-the-recovery-foundation-to-improve-mental-health-counseling-guidance-for-the-academic-civitas.html> (<https://www.upnvj.ac.id/en/berita/2026/03/upn-veteran-jakarta-partners-with-the-recovery-foundation-to-improve-mental-health-counseling-guidance-for-the-academic-civitas.html>) ]

---