



University: University of Pécs

Country: Hungary

SDG3: GOOD HEALTH AND WELLBEING

3,3 Collaborations and health services

3.3.7. Mental health support for staff

Provide staff with access to mental health support.

- **Active promotion of good mental health**
- **Access to (or signposting to) free mental health support**

1. Mental Health Services

- **Mental Health Institute**
The institution responsible for the long-term psychiatric care of residents of Baranya County outside Pécs (according to territorial service obligation), as well as university students and PTE healthcare staff who do not have a Pécs address.
Contact: Pécs, Rét u. 2. (Rehabilitation Center 2nd floor), +36-72-215-336
- **INDIT Public Foundation Alcohol and Drug Outpatient Clinic**
The Alcohol and Drug Outpatient Clinic of the INDIT Public Foundation offers help to those struggling with substance abuse problems and behavioral addictions. Its services include: assessment, consultation, individual therapy, couple and family counseling.
Contact:
Addiction Outpatient Clinic (drug and behavioral addiction)
"KERT" Addiction Care Center (alcohol and drug addiction)
Client reception: by appointment (telephone/in person) Monday-Friday: 8 a.m.-3 p.m.
- **Catholic University Chaplaincy**
"TámpontOK" / Group programs
 - "Be happy at university!" - Self-knowledge basics workshop series
 - Group Supervision for staff and lecturers
 - Art therapy
 - Career planning workshop"TámpontOK" / Individual support conversations
 - Supervision-based reflective coaching
 - Individual coaching for students
 - Exam coaching
 - Individual support conversation for university students
 - Individual mental health consultation
 - Soul strengthening
 - Spiritual conversation, confession
 - Bereavement and mental health counseling
 - Free individual career counseling"TámpontOK" / Relationship
 - Dare to date - Dare to date!
 - Relationship workshop (not only for couples)



- Couple therapy
 - TestTeo community
- Pécs University Ecumenical Chaplaincy

The Ecumenical Chaplaincy of the University of Pécs is a form of cooperation based on the idea of Christian ecumenism. With the help of the staff of the Chaplaincy, you can find guidance for your spiritual problems, pains, fears and uncertainties through the Bible. In the list below, find the campus minister of your denomination, or whichever denomination is close to you, contact a representative, and entrust your care to a spiritual director who will help you find God's healing word.

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University Chaplaincy

Baptist

Pastor: Gábor Egri

Location of community events: 7627 Pécs, Bokor u. 52.

Worship: every Sunday 9:30

Youth hour: every Friday 18:30

Place and time of individual consultation: by telephone agreement

Evangelical

Leading pastor: Zoltán Ócsai

Associated pastor: Katalin Szlovák Manhardtne

Community events location: 7621 Pécs, Dischka Gy. u. 4-6.

Worship: Sunday 9:00 and 18:00 (every 1st Sunday of the month family worship 10:30)

Youth hour: every 1st and 3rd Tuesday of the month 19:00 - 20:30 (FIFA - Young Adults' Event, approx. 1.5 hours)

Individual consultation place and time: at a time agreed with the pastors, 7621 Pécs, Dischka Gy. u. 4-6.

Pastoral office opening hours:

Mon-Thu: 1:30 PM-4:30 PM

Sat-Fri: 9:00 AM - 12:00 PM

Greek Catholic

Pastor: Gábor Zajácz

Meeting location: Pécs, Alajos utca 21.

Methodist

Pastor: Hanga Hanula

University meeting: every Wednesday from 7 p.m.

Meeting location: Pécs, Tompa Mihály utca 52.

Pentecost



Pastor: Gábor Lettner
Meeting location: Pécs, Derűs utca 8-10.

Reformed

Pastor: Péter Kovách
Discussion opportunity: Tuesday, 15:00 - 19:00, BTK-TTK, Building A, 108.
"parish" (Pécs, Ifjúság útja 6.)
Meeting location: Pécs, Tildy Zoltán utca 12.

Catholic University Chaplaincy - PEKEL

Pastor: Forrai Tamás Gergely S.J., Jesuit father
Location of university gatherings:
• PTE BTK (7624, Pécs, Ifjúság útja 6. Ground floor of the building on the right)
• PPHF (7625 Pécs, Hunyadi János u. 11. Room 202) - Wednesday 12:45 - 13:00:
"Southern stop", then opportunity for personal conversation
• PIUS Church (7625 Pécs, Hunyadi János u. 8.) - Sunday 18:00 mass, then
AfterPius, Wednesday 7:15 mass, then until 9:00 individual accompaniment

Hit Congregation University Chaplaincy

Pastor: Dr. András Szabó
University meetings: Mondays at 6:30 PM, in room 307 of the ÁJK (Pécs, Rákóczi
u. 80.)
Youth Worship: Fridays at 6:00 PM Hit Park Pécs (Pécs, Megyeri út 62/A)

- Pécs S.O.S É.L.E.T. Telephone Service
The S.O.S. É.L.E.T. telephone service of Pécs started its operation on 1st January 1975 with the primary aim of suicide prevention and crisis intervention. The service is anonymous, both the caller and the person on duty are guaranteed anonymity. The S.O.S. É.L.E.T. telephone service in Pécs is available every day for 12 hours, from 7 p.m. to 7 a.m., every day of the year, including public holidays, and is free of charge from all mobile networks throughout the country. Since 15th June 2020, we are also available via online chat from 7pm to midnight. Our aim is to help people find creative solutions to crisis, so that they can come to us with new problem-solving strategies, mobilise their resources, become more mature, more fulfilled and avoid the dangers of negative outcomes such as suicide, alcohol, drugs and other psychiatric problems.
- Kilátó Ferences Mental Hygiene and Pastoral Care Service
Kilátó Ferences Mental Hygiene and Pastoral Care Service is now available in Pécs after Budapest and Szeged. In cooperation with the University of Pécs, it offers free individual counseling sessions for all students of the UP.
If you feel stuck, if you are concerned about self-knowledge, relationships, career, faith or any other issue, and would like to share it with us in complete confidentiality, whether once or regularly, we are happy to help.
Location: Collegium Seraphicum
Date: by arrangement



2. The mental health service providers of the University of Pécs who also deal with the topics and problems you have selected are listed below. Please contact them with confidence!

Please choose from the problems and topics that concern you!

Select multiple items by clicking while holding down the Ctrl key

- abuse
- adaptation difficulties
- alcohol
- sleep problems
- sleep disorders
- asperger
- abuse
- friends
- campus credit course
- coaching
- family
- CV
- depression
- drugs
- anger
- alone
- stuck
- career
- self-brand
- violence
- anorexia
- pain
- development
- fears
- addiction
- grief
- drug addiction
- procrastination
- voices
- homesickness
- relationships
- career
- compulsion
- ideas
- exclusion
- competence development
- concentration disorder
- attachment-detachment conflicts
- crisis
- spiritual counseling
- depression
- loneliness
- marijuana



- unexplained physical symptoms
- mental health
- motivation
- labor market
- self-esteem
- self-esteem problems
- suicide
- self-knowledge
- medical identity uncertainties
- career orientation
- relationship
- relationship and family crises
- mental problems
- psychology
- psychologist
- soft skills
- stress
- stress management
- suicide
- professional practice
- gambling
- substance abuse
- anxiety
- counseling
- indecisiveness
- study difficulties
- lasting (months) depression affecting life
- training
- reality
- crisis
- unexpected events
- exam anxiety
- workshop

The results will be displayed after selecting any filter, by clicking the Search button!

3. Road to Improving Mental Health





Mental health often implies different aspects to nearly everyone. Many of us identify it with happiness, yet, for others, efficiency and success is deemed important, and there are individuals who aim towards achieving spiritual peace and inner harmony. When we utter the word 'stress', nearly no one does not feel affected.

Within the sphere of our university, forms of Psychological Consultation has historically been regularly offered, whether to students or employees. Today, the program is proud to announce its revisions including consultations in support of private, one-on-one or small group forms of consultation and training, all meant to improve a healthy lifestyle and daily stress management.

Naturally, there are less direct means to achieve inner harmony, and we can try to preserve our balance by committing to physical activity often, making sure get the proper amount of recovery and rest and tending to our interpersonal relationships and time management. Once we achieve these things, we have already contributed to feeling better.

We genuinely hope you will discover opportunities which ideally are customized to your specific needs. Today, the Consultation Program aligned to the Medical School and the entirety of the University of Pécs is undergoing vast growth, and we encourage you to visit our website frequently, as current events are updated, nearly on a daily basis. You will also find useful tips and various forms of information regarding health and well-being.

4. How to Care for our Mental Well-Being?

YourLife @ ÁOK is the health program of the University of Pécs Medical School. Their goal is to help students and staff feel even better - not just at the Medical School, but during their everyday life in general.

Those interested can participate on individual consultations, workshops and programs free of charge.

YourLife staff members are constantly working to ensure that conditions for work and study at the School support the healthy lifestyle, balance, physical and mental health of our colleagues and students.

5. "Good night, sweet dreams!"

What is sleeping good for? Do you do it well?

Have you ever felt so rushed you didn't have time to recharge?

When we are short on shut-eye, or a proper's nights sleep, we are prone to making errors or a lack in judgement. It is common for an individual at the point of absolute fatigue to decrease the much-needed time for charging and allocate more time in support of other activities.

Factually, the proper amount and the quality of sleep is the main source of 'fuel' which drives us. Sleep is indispensable, both to preserve our health and properly fulfill our duties and obligations.

Sleeping and health:

It is easy to notice there is a connection between our quality of sleep and our performance during the day. Everyone now and then has likely felt under the weather, moody, or disorganized following a night of poor quality sleep. The thing which is hard to catch, even though many studies have proven or substantiated, is sleeplessness, especially when it becomes regular, has long-term consequences regarding our health. One can become predisposed to high blood pressure disease, diabetes, obesity, cardiac diseases, and it can reduce life expectancy.

Sleeping and studying:

Studying and memory are often marked by these characteristics:



All three conditions are necessary for the memory to function properly. The first and the third are natural elements of the conscious mind, however studies have shown the storage of memories occurs during sleep.

Admittedly, it is nice and well, yet what should I pay attention to?

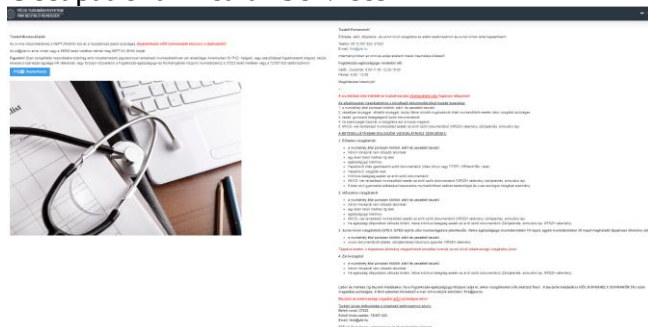
- 1) 7-9 hours of daily amount of sleep (by your needs)
- 2) regular sleeping schedule
- 3) calm environment (try to avoid disturbing sounds and light effects)
- 4) personally suitable, healthy bed
- 5) ideal temperature (18-20 celsius)
- 6) last meal 3 hours prior bedtime
- 7) do not watch TV right before going to bed
- 8) if possible, turn on the blue-light filter on your phone and other digital devices

6. Health preventive health survey, Health screening days



7. Student health services

8. Occupational Health Services



9. Clinical Center, Clinical Institutes

Health infrastructure (first aid, emergency room, clinic, hospital and certified personnel) are available and accessible for public.



Akác campus site, Pécs



Bajnok Street campus site, Pécs



Dischka campus site, Pécs



Édesanyák campus site, Pécs



József Attila Street campus site, Pécs



Munkácsy Mihály Street campus site, Pécs



Nyár Street campus site, Pécs



Pacsirta Street campus site, Pécs



Rákóczi Road campus site, Pécs (CC)



Rét Street campus site, Pécs





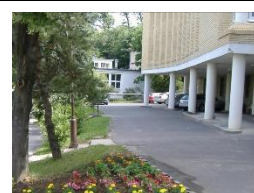
Szigeti Road campus site, Pécs



Tüzér Street campus site, Pécs



Harkány campus site



Komló campus site



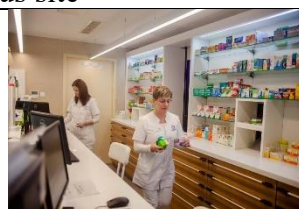
Mohács campus site



Siklós campus site



Szigetvár campus site



UP UNIV Pharmacy



Bus for perform health screenings



The National Virology Laboratory on the University of Pécs

Description:

The Clinical Center of the University of Pécs

The Clinical Center is one of Hungary's largest healthcare providers and, with its regional service obligation, is the most significant and only clinical-level healthcare institution in the South Transdanubia region. In addition to its primary task of providing medical care, it also plays an educational role and constitutes the university's most significant research and development capacity.

Following the integration of city hospitals in 2024, it will be a major player in the region's labor market with nearly 6,000 direct employees. Nearly 1,100 doctors, 4,000 specialist staff, and 580 pharmacists, biologists, psychologists, non-patient-bed physical employees, and employees with health, economic, and technical qualifications perform the tasks.

Continuous patient care is provided at 16 locations with 2,700 beds; in 30 clinical units in Pécs and 5 hospitals in Baranya County. In 2024, more than 118,000 inpatients and 13,500 outpatient care hours per week were provided at the Clinical Center, with more than 1.5 million cases in all reimbursement categories. We provide healthcare services in 107 specialties in outpatient care and 65 specialties in inpatient care. In the vast majority of professions, patient care is provided at the highest level of progressivity, with a significant regional care obligation, and we are the only institution in the country to provide certain interventions. Health visitor care is provided at a further 99 locations in 162 health visitor districts.

In addition to patient care, the Clinical Center participates in the education and practical training of Hungarian and foreign students from the Medical School, the Faculty of Health Sciences, and the Faculty of Pharmacy by providing training facilities and personnel. It also conducts extensive research and innovation activities, ranging from basic research to applied clinical research, the results of which are published in leading international scientific journals.

The primary goal of the management of the Clinical Center of the University of Pécs is to provide patient-centered, continuously improving, high-quality healthcare.



The UP Clinical Center provides health services with comprehensive service support for the entire academic community too. The staff of the CC is committed to effective care and is dedicated to supporting patients in difficult situations who have fallen ill. This is based on expertise, humanity and empathy, and a dedicated and prepared team.

The management of the Clinical Center of the University of Pécs is committed to continuous improvement. In this spirit, during the project "Practical implementation of infection control activities at the Clinical Center of the University of Pécs", which was implemented with the support of the European Union with nearly HUF 60 million, measures were taken that significantly contribute to the prevention of healthcare-associated infections, the quality of patient care, patient satisfaction and patient-, and staff safety.

The Clinical Center of the UP has been awarded the Family Friendly Hospital Innovation Award. The UP won the award primarily because of its efforts to improve the mental, physical and social well-being of its staff during the coronavirus epidemic.

The Richter Health City program ended with a great result. In addition to screenings and counseling sessions, specialists from the Cardiology Clinic of the Clinical Center of the University of Pécs also offered a wide range of presentations. Topics were discussed that provide useful information for health-conscious everyday life and for developing a preventive approach. Topics included the prevention and treatment of osteoporosis, the functioning of memory, and the importance of mental health. There were also a number of other lifestyle presentations.

The University of Pécs is committed to the health and safety of the university citizens and the population (SDG3 Health and Well-being). Accordingly, UP continuously monitors and follows the international and domestic professional recommendations issued on the topic of coronavirus and consults with the competent authorities. In addition, it has set up an operational professional staff involving the professions concerned, so that it can act quickly and efficiently in line with the current situation.

The University of Pécs is one of the most significant research centres of Hungary, with a huge professional research base. The János Szentágothai Research Centre is home to numerous research areas of natural and medical sciences. The Research Centre was given the title 'Excellence Research Center' by the Hungarian Academy of Sciences (MTA) acknowledging its exceptionally high-quality scientific work.

The health filter bus of University of Pécs went to households in Baranya:

The University of Pécs is committed to the success of public health screening in Baranya. A nationwide campaign entitled "We are taking screening in place" has been launched to improve the health status of people living in multiple disadvantaged settlements. The main goal of the program is to minimize territorial inequalities in access to health care and to strengthen the health awareness of the population living in disadvantaged settlements.

The University of Pécs and the Baranya County Local Government are working together for the development of the region (Cooperation agreement):

The University of Pécs helps the lives of the inhabitants of the area by, among other things, developing training that has a direct stimulating effect on the economy, increasing the number of teacher training places, organizing joint art and cultural programs with the Baranya County Municipality, and providing extended health care and screening.