

# Individualized Psychological Care



Ayuntamiento  
de Burgos



UNIVERSIDAD  
DE BURGOS

## Individualized Psychological Care

This program, provided by psychology professionals from the Young People's Health Service of the Burgos City Council, offers free, anonymous, and confidential personalized guidance and support for situations or problems that may affect psychological, emotional, and social well-being.



## Target Audience

Students of the University of Burgos and young people from Burgos who seek guidance and support related to mental, emotional, sexual, or social health. Don't hesitate, if you think you need it, ask for HELP!

## Objectives and Procedure

The main objective is to promote health and well-being through psychological techniques focused on prevention and early-stage intervention. If appropriate, group sessions may be conducted or support may be referred to other public health services.

## Duration and Implementation Period

The program runs year-round and is tailored to the needs and requests of each participant.

## How to Contact Us

Fill in your personal details and reason for consultation in the form available at <https://www.ubu.es/suas>, scan the QR code, or send an email to [serviciosaludjoven@aytoburgos.es](mailto:serviciosaludjoven@aytoburgos.es).

We will get in touch with you to inform you of the start date.

