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September 9, 2013

**Featuring  
UGAT SANDALINE  
“SA ORAS NG PANGANGAILANGAN, MAY MASASANDALAN!”**

**Media release**

In our study of the dynamics of depression in relation to modern Philippines society, we realized that the OFW group is one of those at the highest risk of suffering from depression – not just for the workers themselves, but also for the families they left behind.

In this light, UGAT SANDALINE opened its doors to the OFWs and their families last June 01, 2013 by providing them online and phone counseling in times of great need. This program aims to assist the beneficiaries through:

- a. Online counseling and psychosocial interventions using various means of internet and mobile communications in times of crisis.
- b. Facilitating a link between the overseas workers and their families especially when the families in the Philippines have no means to contact their relatives abroad.
- c. Forming a strong network of support (volunteers, NGOs, Church and Government Agencies) for the psycho-social intervention programs and other support services for the beneficiaries.

This project, spearheaded by Fr. Nilo E. Tanalega, SJ, intents to maximize the use of modern technology to give intervention programs who are in need of professional help. At the convenience of their home and workplace, with their mobile phone or internet connection, they can have access to competent and well-trained counselors ready to serve them 24/7.

They can contact us through the following:



For the OFWs: +800 SANDALAN / +800 72632526 \*\*

For the OFW Families: (02) 332 39 34;  
(02) 332 39 83; (02) 332 39 50



: UGAT Sandaline Facebook Page



: ugatsandaline@yahoo.com.ph



: ugatsandaline@gmail.com



: ugatsandaline



: twitter.com/ugatsandaline

\*\* Available for now in HK,  
Singapore, Italy, Japan and Korea

The project underscores our commitment to provide venue for emotional ventilation of the migrants, understand their situation, sublimation of dysfunctional coping and establish support systems in order to deal with their crises.

For the families left behind, we will make counseling services accessible to them by empowering their community to set up a family support system by involving the local government units aligned with the program from the provincial down to the barangay level, the church and other NGOs.

For more information on how UGAT Sandaline can be of service to you, please contact us at (632) 426 6001 loc. 4872 or through any contact details listed above.