



PROJECT PROPOSAL

**Project Title: "KAPEHAN SA GUIDANCE FORDA KAMUSTAHAN ANG MGA FERSON":
A MENTAL HEALTH WEEK CELEBRATION**

Proponent: Guidance Personnel in coordination with the Director for Student Affairs and Services, Campus Directors, Vice President for Academic Affairs, College Deans, Program Coordinators, and Laboratory High School Principals

Beneficiary: MINSU Students

Target Dates: October 23-27, 2023

RATIONALE

The Guidance Office aims to meet the individual needs of students in terms of personal growth and development. To achieve the program's goals and objectives, guidance services are implemented throughout the school year to benefit both students and the entire academic community. It is designed to assist students in achieving maximum personal adjustment and developing a sense of service so that, in turn, they can contribute to the growth and development of others in the community in which we live.

Now that we are in the new normal and students are still adjusting to the challenges it brings to their lives, there are limitations on the things they are accustomed to, including their personal, social, and other relationships. MinSU students can relate to this situation due to the sudden shift in the educational platform from online classes to face-to-face classes and blended learning. Some students are having a hard time coping with these current trends. Thus, the Guidance Office would like to reach out to our students by providing activities that can uplift their spirits and boost their confidence in achieving their goals.

To this end, the Guidance Office would like to request your permission to launch "Kapehan sa Guidance forda kamustahan ang mga ferson": a mental health week celebration. This event involves having a conversation over a cup of coffee with Guidance personnel, students, faculty, and staff. As part of this initiative, we plan to distribute mental health kits to students, including stress balls, ballpoint pens, bookmarks, and infographics about mental health issues and concerns, to help them manage their worries and stress. This activity aims to provide counselors, students, faculty, and staff with an opportunity to share ideas and information in a fun and supportive environment. We hope to encourage students, as well as faculty and staff, to feel comfortable seeking support from the Guidance Office for their personal, academic, and career goals. This activity is by invitation, targeting students, faculty, and staff with free time so that their classes will not be affected. It will be a great opportunity for them to relax and refresh themselves after their midterm examinations.



Objectives:

1. To promote emotional well-being practices for the students.
2. To support the World Mental Health Month and to lessen stigma about mental health conditions.
3. To educate and guide the students to their healthy and mental states and ability to empower others.
4. To make the students, faculty and staff feel that the Guidance office is a safe place to express freely their true and authentic self.

Strategies and Procedures

1. The Guidance Office will disseminate information about the activity through coordination with the Office of Student Affairs and Services and the Program Chair of different programs.
2. The information regarding the activity will be posted on the social media pages of the Guidance Office for wider reach.
3. The program is intended for all faculty, staff and students regardless of their year level, race and gender identity.
4. The organizers will strive to preserve and maintain order, harmony, and the objectives of the program.

OUTPUT

1. Guidance Services will be implemented.
2. Information about mental health will be disseminated.
3. Students, faculty and staff will be assured of the assistance the guidance office can offer.

TIME DURATION

Initial Preparations (Brainstorming, Proposals, Request Preparations, Organizations, etc.)	1 month
Final Preparation (Organization, duty Assignments, etc.)	1 week
Mental Health Program (Program Day, Venue Decorations, Preparations, etc.)	5 hrs. per day



Program Inclusions

- Activities: Free Coffee, Freedom Wall, Share your story, Pick It, Do It!
- Giving of Mental Health Kit/Infographics/Brochure/Leaflets

Setting: Guidance Office: Testing Room

BUDGETARY ESTIMATES

The expected budgetary requirement for the implementation of Guidance Services is **Php 5,000.00** for Bongabong and Main Campus and **Php 7,000.00** for Calapan Campus. This will be charged to the student development fund.

Bongabong Campus

Item No.	Qty	UOM	Description	Unit Cost	Total Amount
	2	kilos	brewed coffee	300	600
	3	kilos	sugar	80	240
	2	packs	coffee creamer 450 grams	150	300
	50	pieces	3in1 Coffee Twin pack 56 grams	15	750
	50	pieces	Milo Twin pack 48 grams	15	750
	50	pieces	Milk 33g	15	750
	21	packs	Biscuits	50	1,050
	7	gallons	Mineral water	30	210
	10	packs	paper cups (8oz) (50 pieces per pack)	35	350
Total					Php 5,000

Calapan Campus

Item No.	Qty	UOM	Description	Unit Cost	Total Amount
	2	kilos	brewed coffee	300	600
	3	kilos	sugar	80	240
	2	packs	coffee creamer 450 grams	150	300
	90	pieces	3in1 Coffee Twin pack 56 grams	15	1,350
	90	pieces	Milo Twin pack 48 grams	15	1,350
	90	pieces	Milk 33g	15	1,350
	25	packs	Biscuits	50	1,250
	7	gallons	Mineral water	30	210
	10	packs	paper cups (8oz) (50 pieces per pack)	35	350
Total					Php 7,000



Main Campus

Item No.	Qty	UOM	Description	Unit Cost	Total Amount
	2	kilos	brewed coffee	300	600
	3	kilos	sugar	80	240
	2	packs	coffee creamer 450 grams	150	300
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	50	pieces	Milk 33g	15	750
	21	packs	Biscuits	50	1,050
	7	gallons	Mineral water	30	210
	10	packs	paper cups (8oz) (50 pieces per pack)	35	350
Total					Php 5,000
Grand Total					Php 17,000

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Sgd

Prepared by:

Sgd

ALETH ATTILA D. ABARQUEZ, RGC
Guidance Counselor

Sgd

HEIDELITA G. BUMOHYA, RGC, RSW
Guidance Counselor

Noted by:

Sgd

JONBERT M. CAOLI
Director for Student Affairs and Services

Recommending Approval:

Sgd

NEMESIO H. DAVALOS, Ph.D.
Vice President for Academic Affairs

Approved:

Sgd

LEVY B. ARAGO, JR., Ph.D.
University President



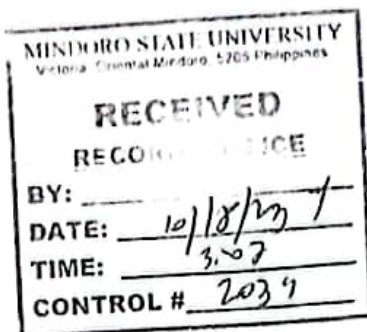
Mindoro State University
Victoria, Oriental Mindoro 5205 Philippines

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Website: www.minsu.edu.ph
Mobile: +63 977 846 72 28



October 18, 2023

LEVY B. ARAGO, JR., Ph.D.
University President
This University



Sir:

Greetings of peace!

The Project Proposal for Mental Health Awareness Month is always part of guidance's activities for the College, Junior and Senior High students. This activity aims to know the present conditions, difficulties as well as the students' emotional and psychological experiences due to the sudden shift in the educational platform from online classes to face-to-face classes and blended learning. Some students are having a hard time coping with these current trends. Thus, the Guidance Office would like to reach out to our students by providing activities that can uplift their spirits and boost their confidence in achieving their goals.

Moreover, I would like to respectfully request your permission to launch "**Kapehan sa Guidance forda kamustahan ang mga ferson**": a mental health week celebration. This event involves having a conversation over a cup of coffee with **Guidance personnel, students, faculty, and staff**. As part of this initiative, we plan to distribute mental health brochures, leaflets to students, including, bookmarks, and infographics about mental health issues and concerns, to help them manage their worries and stress. This activity aims to provide counselors, students, faculty, and staff with an opportunity to share ideas and information in a fun and supportive environment.

Thank you very much and God bless.

Very truly yours,

Sgd

Heidelita G. Bumohya, RGC, RSW
Guidance Counselor III



Mindoro State University
Victoria, Oriental Mindoro 5205 Philippines

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October 25, 2023

NEMESIO H. DAVALOS, Ph.D.
Vice President for Academic Affairs
This University

Sir:

Greetings!

As per approved request to conduct the Mental Health Awareness Month for our Students for the three (3) campuses with the theme "*Kapehan sa Guidance forda kamustahan ang mga ferson*": a mental health week celebration.", This event involves having a conversation over a cup of coffee with Guidance personnel, students, faculty, and staff. As part of this initiative, we plan to distribute mental health brochures, leaflets to students, including, bookmarks, and infographics about mental health issues and concerns, to help them manage their worries and stress. This activity aims to provide counselors, students, faculty, and staff with an opportunity to share ideas and information in a fun and supportive environment.

Relative to this, may the undersigned respectfully request for the help and assistance from Deans and Program Chair of different programs to disseminate the conduct of the aforementioned activity during their free and vacant time on November 6-10, 2023, from 9:00 am-4:00 pm.

Please find the attached approved project proposal. I hope this merits your kind consideration and approval. Thank you very much and God bless!

Sgd

HEIDELITA G. BUMOHYA
Guidance Counselor III

Sgd

JONDERT M. CAOLI
Director for Student Affairs and Services

Approved

Sgd

NEMESIO H. DAVALOS, Ph.D.
Vice President for Academic Affairs



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Prepared by:

Sgd

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NEMESIO H. DAVALOS, Ph.D.

Vice President for Academic Affairs

Approved:

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LEVY B. ARAGO, JR., Ph.D.
University President



NARRATIVE REPORT

“Kapehan sa Guidance forda Kamustahan ang mga Ferson” A Mental Health Week Celebration

“Kapehan sa Guidance forda Kamustahan ang mga Ferson”: a Mental Health Week Celebration is a part of Guidance Services that the Guidance Office proposed to reach out with students. Now that we are in the new normal and students are still adjusting to the challenges it brings to their lives, there are limitations on the things they are accustomed to, including their personal, social, and other relationships. MinSU students can relate to this situation due to the sudden shift in the educational platform from online classes to face-to-face classes and blended learning. Some students are having a hard time coping with these current trends. Thus, the Guidance Office would like to reach out to our students by providing activities that can uplift their spirits and boost their confidence in achieving their goals.



The counselor launched the “Kapehan sa Guidance forda Kamustahan ang mga Ferson” from November 06 to November 10, 2023. This event involves having a conversation over a cup of coffee with Guidance personnel, students, faculty, and staff. This activity aims to provide counselors, students, faculty, and staff with an opportunity to share ideas and information in a fun and supportive environment. It encouraged students, as well as faculty and staff, to feel comfortable seeking support from the Guidance Office for their personal, academic, and career goals. The activity was attended by students, faculty, and staff during their free time so that their classes will not be affected. It was a great opportunity for them to relax and refresh themselves after stressful activities.



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Prepared by:

ALETH ATILA D. ABARQUEZ
Guidance Counselor III



“Kamustahan sa Guidance Forda Kamustahan ang mga Ferson” Mental Health Week Celebration Narrative Report

The Guidance Office aims to meet the individual needs of students in terms of personal growth and development. Guidance and Counseling Office launched "Kapehan sa Guidance Forda Kamustahan ang mga Ferson": A Mental Health Week Celebration. This event involves having a conversation over a cup of coffee with Guidance personnel, students, faculty, and staff. As part of this initiative, we distributed mental health kits to students, including bookmarks, and infographics about mental health issues and concerns, to help students manage their worries and stress. Guidance and Counseling Office together with the Ma'am Heidelita G. Bumohya, Guidance Counselor III and Grace Nava Mendoza, Guidance Staff facilitated the Mental Health Week Celebration with the help of Admission Staff, Meryll Jane Ramos and BSTM students, to team up for the preparation of said activity. We made and organized photo booth also for the students, faculty and employees and freedom wall "Mental Health Week Safe Space". Every morning we prepared all the materials needed, coffee, biscuits, milo, and milk, and we saw in the eyes of the students that they really enjoy on the said activity. Some faculty together with their students joined and participated in the mental health week celebration.

In the whole week celebration, there are so much positive comments we received from the students. *“Sobrang nakakatuwa lalo na sa aming 4th year na magkaroon ng ganitong programa dahil dito ay nabawasan ang aming isipin. Kung kaya't masaya ako dahil naranasan namin ito.”* They also quoted: *“It is good lalo na kung may masinsinang usapan or time ang ibang students lalo na po yung mga katulad ko na masyadong positive sa buhay pero deep inside ay di po stable ang mental health. Hoping na magkaroon pa po ng ganto, sayang lamang at fourth year na kami at hindi masyadong nag-e stay sa school. Thank you very much po sa libreng painom ng Milo at tinapay, hoping for your successful program po”* This program really helps those people who have mental problems and I appreciate those notes which really makes my day better. *“Napaka epektibo ng programang ito lalong lalo na sa mga kabataan na mayroong pinagdadaanan sa buhay”*. Such words came from the students is very heartwarming that they really appreciate this activity. They also added *“Programang ito ay ay nakakatulong para sa mga estudyante na nakakaranas ng mental health sa kadahilanang stress”*

The result of Mental Health Week Celebration on the question *“Ang lugar na pinagdausan ng programa/gawain ay angkop”* got 90.9% *“Lubos na Sumasang-ayon”*. The question *“Ang kabuuang programa ay naging kapakipakinabang para sa mga dumalo”* got 87.9% *“Lubos na Sumasang-ayon”*.



DOCUMENTATION



Brochures and materials for photo booth



Coffee, Milo, Milk and Biscuits for students, faculty and staffs



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Students preparing their brewed coffee





PHOTO BOOTH





FREEDOM WALL





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The Importance of **MENTAL HEALTH AWARENESS**



YOUR MENTAL HEALTH IS OUR PRIORITY

Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church pew.

However, only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, poorer performance at school and work, fewer employment opportunities and increased risk of suicide.

<https://www.pinerest.org/newsroom/articles/mental-health-awareness-blog/>

TAKE CARE OF YOUR MENTAL HEALTH



- 2011 WHO Global School-Based Health Survey has shown that in the Philippines, 16% of students between 13-15 years old have ever seriously considered attempting suicide while 13% have actually attempted suicide one or more times during the past year.

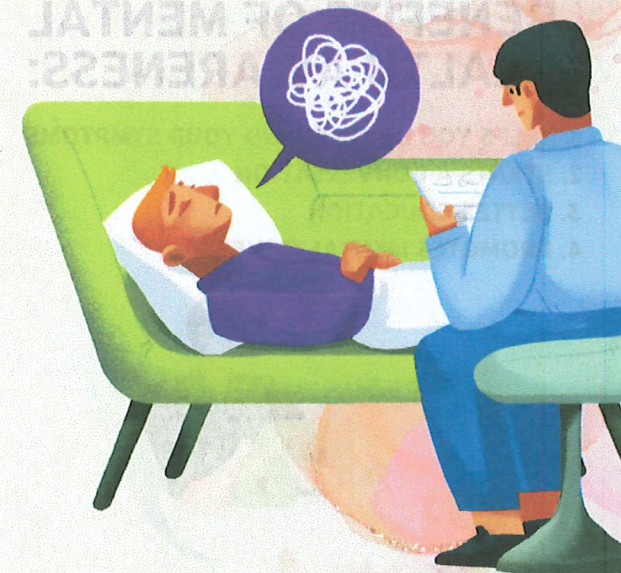
- Based on Global Epidemiology on Kaplan and Sadock's Synopsis of Psychiatry, 2015 and Kaufman's Clinical Neurology for Psychiatrists, 7th edition, 2013

- a. Schizophrenia ---1%1 Million
- b. Bipolar ---1% 1 Million
- c. Major Depressive Disorder ----17% 17 M
- d. Dementia --- 5% (of older than 65)
- e. Epilepsy ---0.06% 600,000

<https://www.studocu.com/ph/document/bataan-peninsula-state-university/community-health-nursing/doh-mental-health-gap-action-program/54379951>

WE ARE HERE TO

HELP



CRISIS HOTLINE

**0966-351-4518
0917-899-8727
0908-639-2672**

HOW CAN MENTAL HEALTH AWARENESS HELP?

Mental health awareness is critical to promoting mental health treatment and behavioral health. It's a necessary and foundational conversation for changing to a more proactive model of mental health.

Right now, we only fill our tanks when they're on "empty." Developing our awareness helps us start to recognize the signs and symptoms when we're feeling "off" — just as we do with physical illness.

<https://www.pinterest.org/newsroom/articles/mental-health-awareness-blog/>

FOUR IMPORTANT BENEFITS OF MENTAL HEALTH AWARENESS:

1. HELPS YOU UNDERSTAND YOUR SYMPTOMS
2. STARTS A CONVERSATION
3. BETTER EDUCATION
4. PROMOTES MENTAL FITNESS

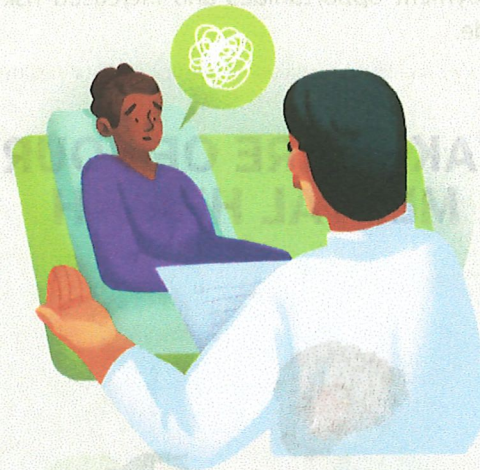


Self-Care: What is it and why is it important?

Self-care is taking all the steps you can to take care of your physical health and emotional well-being. When we take care of ourselves, we are able to care for others too! Some benefits of self-care are:

- It helps boost our immune system
- It improves our mental health
- It helps us become more productive and efficient
- It helps maintain/improve relationships

<https://bit.ly/dohmhphselfcarekit-1>



Remember:

*Moods are like changing seasons.
Minsan maaraw, minsan maulan.*

Just remember that the feelings will pass.

*When there is rain,
the sun promises to shine again.*

And sometimes, the rain can bring rainbows!



3 TIPS TO PROMOTE MENTAL HEALTH AWARENESS

- SPEAK UP FOR YOURSELF
- LEARN MORE ABOUT MENTAL HEALTH
- TALK TO A COUNSELOR/ COACH

Physical Activity Ideas For

Self-Care

That You Might Consider Do It



Make an attempt at yoga



Take a dance class



Go for a walk or run at the park



Drink a coffee at local coffee shop with a good friend



Volunteering yourself at nearby nursing home



Playing your favorite game with a good friend

<https://bit.ly/dohmhphselfcarekit-1>

Vision

THE MINSU GUIDANCE AND COUNSELING PROGRAM ENVISIONS AN OUTSTANDING SERVICE PROVIDER THAT SUPPORTS THE ACADEMIC, PERSONAL, PSYCHO-SOCIAL, AND CAREER DEVELOPMENT OF STUDENTS IN COOPERATION WITH ADMINISTRATORS, FACULTY, STAFF, PARENTS, AND OTHER STAKEHOLDERS CONCERNED TO ENABLE THEM TO BECOME PRODUCTIVE AND PEACE-LOVING CITIZENS.

Mission

THE MINSU GUIDANCE AND COUNSELING PROGRAM EXISTS TO PROMOTE PERSONAL, SOCIAL, PSYCHO-EMOTIONAL, SPIRITUAL DEVELOPMENT AND ACADEMIC COMPETENCIES NECESSARY TO DEVELOP SKILLS, KNOWLEDGE, AND ATTITUDES NEEDED TO BECOME EFFECTIVE STUDENTS, LIFELONG LEARNERS, PRODUCTIVE WORKERS, AND RESPONSIBLE CITIZENS BY CONDUCTING APPROPRIATE ACTIVITIES AND INTERVENTIONS FOR THE STUDENTS WHO WILL BE THE TARGET CLIENTELE OF THE PROGRAM.

Goal

THE MINSU GUIDANCE AND COUNSELING PROGRAM ENVISIONS AN OUTSTANDING SERVICE PROVIDER THAT SUPPORTS THE ACADEMIC, PERSONAL, PSYCHO-SOCIAL, AND CAREER DEVELOPMENT OF STUDENTS IN COOPERATION WITH ADMINISTRATORS, FACULTY, STAFF, PARENTS, AND OTHER STAKEHOLDERS CONCERNED TO ENABLE THEM TO BECOME PRODUCTIVE AND PEACE-LOVING CITIZENS.

Objectives

THE PROGRAM HAS THE FOLLOWING OBJECTIVES:

- ESTABLISH AN ATMOSPHERE IN THE GUIDANCE OFFICE THAT IS FRIENDLY, COMFORTABLE, INVITING, AND TRUSTWORTHY
- REACH OUT TO EACH STUDENT, ESPECIALLY THOSE WHO ARE NON-ASSERTIVE AND UNDER-ACHIEVING
- MONITOR STUDENTS' ACADEMIC, SOCIAL, AND CAREER CONCERNS
- MOTIVATE STUDENTS TO UPLIFT THEIR MORAL VALUES AND PRACTICE SOCIALLY RESPONSIBLE BEHAVIOR
- HELP STUDENTS RECOGNIZE AND OVERCOME IMPEDIMENTS TO PERSONAL GROWTH AND DEVELOPMENT



MINSU BONGABONG GUIDANCE AND COUNSELING OFFICE



"Always remember that you really matters!"

Contact Us

Email: mbcgco2022@gmail.com

Mobile Number:

Guidance and Counseling Office

1st Floor, Information Technology Bldg.

Labasan, Bongabong, Oriental Mindoro

WELCOME TO GUIDANCE AND COUNSELING OFFICE!

THE GUIDANCE AND COUNSELING OFFICE AIMS TO ASSIST THE ACADEMIC COMMUNITY IN CARRYING OUT ITS MISSION AND CREATING A MORE HUMANE CAMPUS ENVIRONMENT THAT PROVIDES STUDENTS WITH APPROPRIATE OPPORTUNITIES FOR GROWTH AND DEVELOPMENT.

◊ Guidance Services ◊

- INDIVIDUAL INVENTORY
- COUNSELING
- TESTING
- INFORMATION
- PLACEMENT
- FOLLOW-UP
- CONSULTATION
- REFERRAL
- RESEARCH
- EVALUATION
- SPECIAL SERVICES
- TRAINING AND - PROGRAMS

INDIVIDUAL INVENTORY

THIS SERVICE IS DESIGNED TO COLLECT, EVALUATE AND INTERPRET DATA TO IDENTIFY THE CHARACTERISTICS AND POTENTIAL OF EVERY STUDENT.

COUNSELING

IT IS A BASIC AND SIGNIFICANT STRATEGY THAT INVOLVES A PERSON-TO-PERSON RELATIONSHIP. THIS PROVIDES THE INDIVIDUAL THE OPPORTUNITY TO MAKE HIS OWN PLANS AND DECISIONS TO COME UP WITH A RESOLUTION TO HIS OWN PERSONAL PROBLEMS.

TESTING

THE STUDENT'S INDIVIDUAL STRENGTHS AND WEAKNESSES IN THE AREAS OF PERSONALITY, APTITUDES, INTERESTS, NEEDS, AND JOB SKILLS ARE ASSESSED THROUGH THE USE OF STANDARDIZED TESTS.

INFORMATION

THE FUNCTION OF THIS SERVICE IS TO MAKE AVAILABLE TO THE STUDENTS VALUABLE INFORMATION NOT ORDINARILY PROVIDED THROUGH THE INSTRUCTIONAL PROGRAMS FOR PERSONAL, SOCIAL, EMOTIONAL, AND SPIRITUAL DEVELOPMENT AND ADJUSTMENT.

PLACEMENT

THE COUNSELOR HELPS THE STUDENT IN IMPLEMENTING REALISTIC CAREER GOALS EITHER FOR EMPLOYMENT OR FOR FURTHER STUDIES.

FOLLOW-UP

THIS SERVICE AIMS TO MAINTAIN CONTACT WITH STUDENTS STILL IN SCHOOL AND THOSE WHO HAVE GRADUATED IN ORDER TO AID THE SCHOOL IN EVALUATING THE EFFECTIVENESS OF THE PROGRAM AND GATHERING RELEVANT INFORMATION FROM THE STUDENTS THAT THE SCHOOL CAN USE TO ENHANCE ITS PROGRAM.

REFERRAL

THIS SERVICE INTENDS TO ASSIST THE STUDENT TO OBTAIN SERVICES FROM OTHER PEOPLE OR OTHER AGENCIES THAT CAN ADDRESS/ ATTEND TO THEIR SPECIFIC NEEDS.

CONSULTATION

THIS SERVICE INTENDS TO HAVE MUTUAL SHARING AND ANALYSIS OF INFORMATION WITH THE ADMINISTRATION, FACULTY PARENTS, AND STAKEHOLDERS TO FACILITATE DECISION-MAKING AND LEARNING ABOUT STRATEGIES AND INTERVENTIONS FOR HELPING THE STUDENTS.

RESEARCH

THIS SERVICE ATTEMPTS TO IDENTIFY THE NEEDS OF THE INSTITUTIONAL COMMUNITY, PLAN THE APPLICABLE INTERVENTION, STRATEGIES, AND TECHNIQUES; AND EXPLORE DIFFERENT ALTERNATIVES FOR ATTAINING GOALS.

EVALUATION

THIS IS DESIGNED TO ASSESS WHETHER THE OBJECTIVES AND SERVICES RENDERED TO THE CLIENTELE HAVE BEEN ATTAINED WHICH WOULD SERVE AS BASES FOR THE ENHANCEMENT OF EXISTING PROGRAMS AND THE DEVELOPMENT OF NEW PROGRAMS.

SPECIAL SERVICES

SPECIAL SERVICES. CLUBS UNDER THE GUIDANCE OFFICE.

- PEER FACILITATORS CLUB
- MANGYAN STUDENTS' ORGANIZATION
- SONS AND DAUGHTERS OF OFW

TRAINING AND PROGRAMS INCLUDE

- LEADERSHIP SKILLS ENHANCEMENT.
- COMMUNITY OUTREACH
- REMEDIAL ASSISTANCE FOR STUDENTS WITH ACADEMIC DIFFICULTIES
- PEER COUNSELING



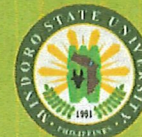


Self-injury can indicate a number of different things. Someone who is hurting themselves may be at risk of suicide. Others engage in a pattern of self-injury over weeks, months or years and are not necessarily suicidal. It is not easy to tell the difference between self-injury and a suicide attempt. Some people argue that anyone who injures themselves must be suicidal even if they are not conscious of it. Others say that it is the person's intentions which count. The only way to know is to ask the person directly if they are suicidal.



CRISIS HOTLINE

- 0966-351-4518 GLOBE/TM
- 0917-899-8727 GLOBE/TM
- 0908-639-2672 SMART/TNT/SUN
- NATIONAL CENTER FOR MENTAL HEALTH
- doh.gov.ph/NCMH-Crisis-Hotline



**MINDORO STATE UNIVERSITY
GUIDANCE OFFICE**

SUICIDE AWARENESS



Care about your mental health so
that your mental health is better



Suicide WARNING SIGNS

1. Often talking about death, dying or suicide
2. Making comments about being hopeless, helpless or worthless
3. Things like "I would be better if I wasn't here" or "I want out"
4. Increased alcohol and/or drug misuse
5. Withdrawal from friends, family, and community
6. Reckless behavior or more risky activities, seemingly without thinking
7. Dramatic mood changes
8. Talking about feeling trapped or being a burden to others

You can prevent
SUICIDE by
recognizing the
warning signs and
taking them
seriously.



hopeline.

National Center for
Mental Health



1553 - landline (toll free)
0966 351 4518 (Globe)
0917 899 8727 (Globe)
0917 899 USAP (Globe)
0908 639 2672 (Smart)



ncmhcrisishotline



ncmhhotline



Nueve de Febrero,
Mandaluyong City,
Metro Manila, 1533



MMC GUIDANCE OFFICE



Minsu Main Campus Guidance Office



0905 286 4635



guidancemain@gmail.com



SEPTEMBER

*Suicide
Prevention*

AWARENESS MONTH



#SpreadAwareness
#Mental Health Matters

SUICIDE is never a decision taken in a spur of a moment. It is a result of a pervasive battle fought with the unfavorable circumstances in one's life.



"we can get through this together."

you matter.



FACT: Talking about suicide provides the opportunity for communication.



MYTH: Talking about suicide or asking someone if they feel suicidal will encourage suicide attempts.

"the world is better with you in it. YOU ARE NOT ALONE"



SUICIDE PREVENTION ADVICE

- W** Watch out for signs of distress and changes in behavior
- A** Ask, "are you having suicidal thoughts?"
- I** It will pass, assure them that with help their suicidal thoughts will pass in time
- T** Talk to a mental health professional, encourage them to seek help

"It's okay to ask for help."



- You'll get over it!
- You have so much to live for.
- Suicide is a sin.
- You have it good, compared to...
- Suicide is selfish.



THINGS NOT TO SAY...



The Importance of **MENTAL HEALTH AWARENESS**



YOUR MENTAL HEALTH IS OUR PRIORITY

Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church pew.

However, only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, poorer performance at school and work, fewer employment opportunities and increased risk of suicide.

TAKE CARE OF YOUR MENTAL HEALTH

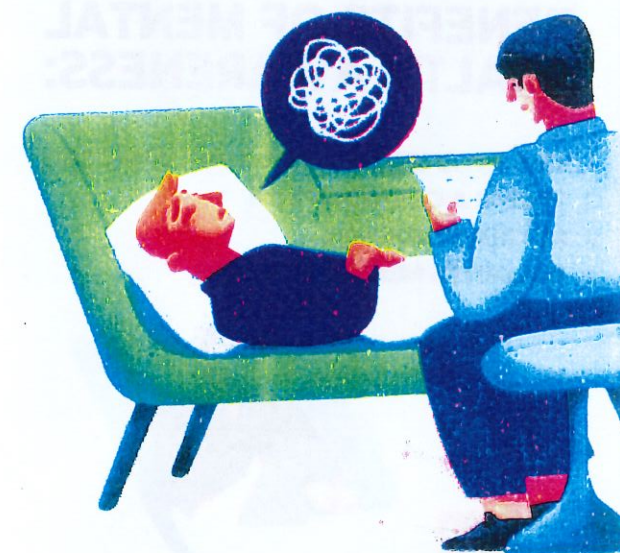


- 2011 WHO Global School-Based Health Survey has shown that in the Philippines, 16% of students between 13-15 years old have ever seriously considered attempting suicide while 13% have actually attempted suicide one or more times during the past year.

- Based on Global Epidemiology on Kaplan and Sadock's Synopsis of Psychiatry, 2015 and Kaufman's Clinical Neurology for Psychiatrists, 7th edition, 2013

- a. Schizophrenia ---1%1 Million
- b. Bipolar ---1% 1 Million
- c. Major Depressive Disorder ---17% 17 M
- d. Dementia --- 5% (of older than 65)
- e. Epilepsy ---0.06% 600,000

WE ARE HERE TO HELP



CRISIS HOTLINE

**0966-351-4518
0917-899-8727
0908-639-2672**

HOW CAN MENTAL HEALTH AWARENESS HELP?

Mental health awareness is critical to promoting mental health treatment and behavioral health. It's a necessary and foundational conversation for changing to a more proactive model of mental health.

Right now, we only fill our tanks when they're on "empty." Developing our awareness helps us start to recognize the signs and symptoms when we're feeling "off" — just as we do with physical illness.

FOUR IMPORTANT BENEFITS OF MENTAL HEALTH AWARENESS:

1. HELPS YOU UNDERSTAND YOUR SYMPTOMS
2. STARTS A CONVERSATION
3. BETTER EDUCATION
4. PROMOTES MENTAL FITNESS



Self-Care:

What is it and why is it important?

Self-care is taking all the steps you can to take care of your physical health and emotional well-being. When we take care of ourselves, we are able to care for others too! Some benefits of self-care are:

- It helps boost our immune system
- It improves our mental health
- It helps us become more productive and efficient
- It helps maintain/improve relationships



Remember:

*Moods are like changing seasons.
Minsan maaraw, minson maulan.*

*Just remember that the feelings will pass.
When there is rain,
the sun promises to shine again.
And sometimes, the rain can bring rainbows!*



3 TIPS TO PROMOTE MENTAL HEALTH AWARENESS

- SPEAK UP FOR YOURSELF
- LEARN MORE ABOUT MENTAL HEALTH
- TALK TO A COUNSELOR/ COACH

Physical Activity Ideas For

Self-Care

That You Might Consider Do It



Make an attempt at yoga



Take a dance class



Go for a walk or run at the park



Drink a coffee at local coffee shop with a good friend



Volunteering yourself at nearby nursing home



Playing your favorite game with a good friend

SUICIDE WARNING
SIGNS

**WE ARE
HERE TO?**

HELP

CRISIS HOTLINE

0966-351-4518

0917-899-8727

0908-639-2672

MENTAL HEALTH LAW

**(Republic Act No.
11036)**



**RIGHT TO
MENTAL HEALTH
IN THE
THE ACADEME**

**"...rise awareness on mental
health issues,
identify and provide support
services for
individuals at risk, and
facilitate access, including
referral mechanisms of
individua
with mental health conditions
to treatment"**

**"Your mental health is
just as important as your
physical health."**

MENTAL HEALTH

"A state of well-being in which the individual realizes his or her own abilities ,can cope with the normal stresses of life ,can work productively and fruitfully, and is able to make a contribution to his or her community"

STIGMA

- negative or discriminatory attitudes that others have about mental illness

MYTH:

Children don't experience mental health problems.

FACT:

More than 1 in 7 adolescents aged 10-19 is estimated to live with a diagnosed mental disorder globally (UNICEF). Among those aged 10-15 , self-harm is the fifth leading cause of death.

WHAT TO LOOK FOR

Irritable ,low impulse control ,anger

Avoidance ,worry ,sadness

Low energy or tiredness

Frequently critical of self and others

Loss of interest in previously enjoyed topics/activities

Excessive or limited appetite; significant change in weight

Regular absence

Difficulty paying attention

SUICIDE WARNING SIGNS

Often talking about death,dying, or suicide

Making comments about being hopeless, helpless, or worthless

Things like "It would be better if I wasn't here" or "I want out."

Increased alcohol and / or drug misuse

Withdrawal from friends, family ,and community

Reckless behavior or more risky activities ,seemingly without thinking

Dramatic mood changes

Talking about feeling trapped or being a burden to others

Guidance and Counseling Office Bulletin Board

