

Creativity



Growth



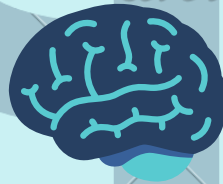
Communications

MIND YOUR MIND

ACTION PLAN



Community



Mental Health



Design

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BACKGROUND

- 800,00 people die due to suicide globally
- every year
- Philippines – 2012; 2,550 recorded suicides,
- 2017; 3.8% suicide rate (WHO fact sheet)
- Cultural stigma in seeking counsel
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BACKGROUND

- The action plan will use Psychological First
- aid; early psychological intervention with
- survivors of disasters and extreme events
- (Shultz & Forbes, 2014), as a reference

OBJECTIVES

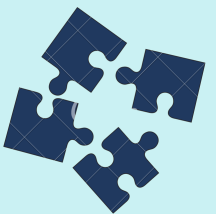
- Promote the importance of mental health
- Prevent psychological disasters on campus
- Remove stigma in seeking counsel
- Promoting self-help
- Build stronger mindset
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ACTION PLAN

- Our solution will be establishing rapport with
- psychologically burdened senior high school
- students in St. Paul University Quezon City
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- > This would be done by a small peer-group, a rough estimate of 20 in a group, facilitated by volunteer students and certified counselors
- > From these groups we will confidentially introduce high risk individuals for counselling from certified counselors.



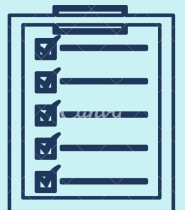
RESOURCES

- Volunteer Facilitators
- Volunteer Counselors
- We will ask the university for:
 - a.) accomodation
 - b.) help in providing promotional materials
 - c.) Clearance and consent forms
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TIMEFRAME

- Phase 1- Meeting with department heads, psychology society, guidance center, Psychological Association of the Philippines, Community Development and Advocacy Center, Student Affairs Office, Project managers (1- 2 months)
- Phase 2- Promotion, awareness, discussion with participants (1 month)
- Phase 3&4-Commencement of Peer-group counselling
 - -Progress reports on participants (8 months)
- Phase 5- Final Assessment on project (1 month)
- (We will keep record of group discussions and ensure confidentiality of refferals and counseling maintained)
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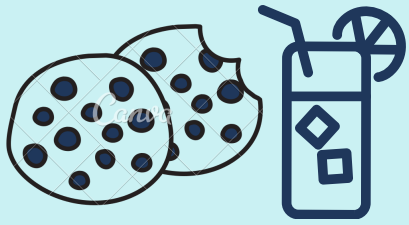


CHALLENGES

- Stigma
- Possible lack of participation in group discussions
- Strict confidentiality
- Time

RESOLUTION TO CHALLENGES

- Promoting openmindedness
- Coordinating with counselors, ethics committee and affiliated organizations
- Organizing time frame with considerations and meetings
- Management of files by the project managers and guidance counselors



Estimated Budget

Materials for promotion- 70 USD

Snacks/Meals -100 USD

Transporation-50 USD

Campus Accomodation- 0 USD

Total est. budget - 220 USD



SUSTAINABILITY

- > Feedback
- > Strict and continuous implementation and management
- > Continuous progress report from participants
- > Go bag
- > Seek more affiliations and support from organizations

