



PRESS RELEASE

PSA La Union invites DOH resource persons for Mental Health Awareness Seminar

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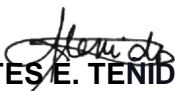
The Philippine Statistics Authority (PSA) – La Union Provincial Statistical Office initiated a mental health awareness seminar entitled “*Seminar on Mental Health in the Workplace*” on July 13, 2022 at the PSA-La Union Conference Room, Barangay IV, City of San Fernando, La Union in line with one of the focus areas of its health and wellness program – mental and emotional wellbeing.

With the stress and pressure brought by increasing demands at work along with the impact of the Coronavirus Disease 2019 (COVID-19) pandemic, there is a need to conduct programs and activities that will address issues on stress at work borne out of daily routines and other sources of stress of individual personnel. Thus, PSA-La Union invited resource persons from the Department of Health Center for Health Development (DOH-CHD) Region 1 for the “*Seminar on Mental Health in the Workplace*” that aimed to heighten awareness and understanding of mental health to help its personnel cope with stress within the workplace and to address the personnel’s mental health concerns.

Health Program Officer II I.G. Harlika G. Langit highlighted the definition of mental health according to the World Health Organization (WHO) as “*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.*” She also underscored the misunderstandings and stereotypes surrounding mental illness and gave emphasis on the state of an individual’s mental health in the new normal. In addition, she also discussed the possible impacts of stress in an individual’s physical, emotional and psychological well-being.

Meanwhile, Health Program Officer II Ena Rika A. Gumangan, RPh, talked about the possible stressors in the workplace and shared some techniques on how to cope with stress. She emphasized that there is no one-size-fits-all technique in stress management; hence, the best way to reduce stress in the workplace is to be kind and considerate to everyone. She also added that seminars on mental health can help reduce the stigma associated with mental health.

During the seminar, the PSA employees were encouraged to share their thoughts and experiences in relation to the topic. The importance of a supportive work environment in fostering the employee’s physical, psychological, and psychosocial needs was also acknowledged. The seminar was indeed an office initiative in creating a happy and healthy PSA by providing an opportunity to the personnel to feel safe and valued in the workplace.


DANITES E. TENIDO, Ph.D.
Chief Statistical Specialist

MBL



The Fifth Bldg., Gov. Ancheta St., Brgy. IV, City of San Fernando, La Union
TeleFax: **(072) 888-5740**
E-mail: psa.launion@yahoo.com