



UNIVERSITY OF SANTO TOMAS
OFFICE OF THE SECRETARY-GENERAL

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A.Y. 2021-2022

TO : THE THOMASIAN COMMUNITY
FROM : OFFICE OF THE SECRETARY-GENERAL
RE : POST-ELECTION DEBRIEFING SESSIONS BY THE THOMASIAN MENTAL HEALTH RESPONDERS
DATE : 12 May 2022

In response to *OVRAA Memo 38 AY 2021-2022: Principle-based Declaration of Academic Ease Post-Elections* dated 11 May 2022, which encourages our students and University staff to avail of the University's support services to help address their health concerns, the Thomasian Mental Health Responders (TMHR) of the Psychology Department of the UST College of Science provides post-election debriefing sessions.

For your reference, please see the attached profile of TMHR.

To avail of the debriefing sessions, interested individuals are advised to register using the link below:

For Academic and Non-Academic Staff: <https://bit.ly/3w5Q2Dx>
For Students: <https://bit.ly/3L8t3vG>

We hope and pray that the sessions will alleviate the current mental health concerns of our students and University staff. As a community, we go through this process of healing and taking care for one another.

Thank you.


FR. LOUIE R. CORONEL, O.P., EHL
Secretary-General



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THOMASIAN MENTAL HEALTH RESPONDERS

Objective

The Thomasian Mental Health Responders (TMHR) is the community service advocacy program of the Department of Psychology of the College of Science of the University of Santo Tomas. In partnership with the Association of Thomasian Psychology Alumni and UST Psychology Society, the TMHR aims to aid in the mental health development of people – Thomasians and non-Thomasians alike – by providing free psychosocial support and intervention, particularly mental health first aid, psychological first aid, counseling, and psychotherapy.

History

The Thomasian Mental Health Responders was launched in March of 2020 through the initiative of the Association of Thomasian Psychology Alumni (ATPA) in partnership with the UST Department of Psychology. It offered free psychosocial support and telecounseling services to the public during heightened anxiety, fear, and stress brought about by the COVID-19 pandemic. It operated March to December 2020, with three cycles running 10 weeks each with 2 to 4 weeks of breaks in between. As a new normal set in and volunteers returned their focus on their now work-from-home setup by the start of the new year, the TMHR was inactive in 2021. THMR was able to serve around 2,200 clients during its operation in 2020.

Being cognizant of the continuing need for mental health support in our community, the Department of Psychology has relaunched the Thomasian Mental Health Responders in February 2022.

Services Rendered

TMHR shall provide the following mental health support and interventions:

- a. mental health first aid
- b. psychological first aid
- c. counseling (3 sessions maximum)
- d. psychotherapy (3 sessions maximum)
- e. referral services

THMR does not, among others, provide the following services:

- psychological assessment and diagnosis
- issuance of any certificate (intervention, clearance, attendance)
- prescription for medication
- social welfare and financial services

