



UNIVERSITY OF SANTO TOMAS  
OFFICE OF THE SECRETARY-GENERAL

UST:SO06-00-CI16  
A.Y. 2023-2024

TO : THE THOMASIAN COMMUNITY  
FROM : OFFICE OF THE SECRETARY-GENERAL  
RE : NATIONAL MENTAL HEALTH WEEK 2023  
DATE : 10 October 2023

The University, in solidarity with the Philippine Mental Health Association's observance of **National Mental Health Week 2023** (October 9-13, 2023) and **World Mental Health Day 2023** (October 10, 2023), with the global theme "*Mental Health is a Universal Right*" by the World Health Organization and World Federation for Mental Health, announces the following activities:

**a) Lighting of the Campus Landmarks in Blue**

- With the assistance of the Facilities Management Office, our campus landmarks will be lit in blue today, 10 October 2023 (Tuesday), 6:00 pm – 9:00 pm.
- The Thomasians are encouraged to take photos of the lighted campus landmarks and post them in their respective social media accounts using #LightUpBlueforMentalHealth.

**b) University-wide Webinar for Students**

- Through the initiative of the Counseling and Career Center, a webinar titled "*Flourish: Creating and Living an Intentional Life*" will be livestreamed on 24 October 2023 (Tuesday), 2:00 pm to 4:30 pm, via the University's official [Facebook page](#).
- Link to the registration and livestream will follow.

**c) Mental Health Awareness via ThOMedSS**

- The UST Health Service prepared video infographics on Mental Health for information dissemination through the Thomasian Online Medical Services and Support (ThOMedSS).

As one community, may we be mindful of our words and actions geared toward bringing peace and well-being of others.

Thank you.

FR. LOUIE R. CORONEL, OP  
Secretary-General

