



UNIVERSITY OF SANTO TOMAS
OFFICE OF THE SECRETARY-GENERAL

UST:SO06-00-CI12
A.Y. 2024-2025

TO : THE THOMASIAN COMMUNITY
FROM : OFFICE OF THE SECRETARY-GENERAL
RE : MENTAL HEALTH WEEK (October 7-12, 2024)
DATE : 3 October 2024

The University, in coordination with the Counseling and Career Center (CCC) and Health Service, observes the National Mental Health Week from October 7 to 12, 2024 (Monday-Saturday).

The theme for World Mental Health Day "It is Time to Prioritize Mental Health in the Workplace" highlights the importance of promoting mental health in professional settings and creating supportive environments where employees can thrive. Activities related to this advocacy include:

1. 'F.E.E.L Good' Friday | 11 October 2024

- Video infographics on mental health shall be made available through ThOMedSS.
- Tigerobics (Zumba fitness) and a session on mindfulness technique will be staged at the Practice Gymnasium Section A at 5:00 pm.

2. Seminars for Students and University Staff as part of the CCC Week include:

23 October 2024 (Wed)

Table with 3 columns: Seminar Title, Time, and Location. Includes seminars like 'Creating Your Compass Core' and 'RACE Against Suicide'.

24 October 2024 (Thu)

Table with 3 columns: Seminar Title, Time, and Location. Includes seminars like 'RACE Against Suicide' for administrators and support staff.

3. Lighting of the Campus Landmarks in Blue | 10 October 2024 (Thu), 6:00 pm to 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 #WellBeingInTheWorkplace.

Together, let's prioritize mental health in the workplace and build a better future for everybody.

Thank you.

Signature of Louie R. Coronel, OP
FR. LOUIE R. CORONEL, OP
Secretary-General

