



MARIANO MARCOS STATE UNIVERSITY

MENTAL HEALTH ACTIVITIES AND SERVICES

Mental Health and Values Formation



A collage of five photographs showing MMSU activities. Top left: Two men in MMSU athletic wear. Top right: A woman in a white shirt speaking at a podium with a green background. Bottom left: A man in a white polo shirt leading a group exercise. Bottom right: A group of students in a dance workout.

MMSU celebrates 2023 Mental Health and Values Formation

Upholding the overall welfare of its employees, the Mariano Marcos State University held its 2023 Mental Health and Values Formation Celebration on October 27, themed, "Our Minds, Our Rights: Mental Health is Every MMSU Employee's Human Right."

This year's community wellness activities include a webinar on Mental Health Assessment of MMSU Employees for Policy-making by Dr. Fides Bernardo Bitanga, human resources management director, and Mental Health First Response for Employees and Students by Dr. Geraldeen Pascual, career hub chief; and, a dance workout (Watwat).

SUSTAINABLE DEVELOPMENT GOALS 3 GOOD HEALTH AND WELL-BEING 4 QUALITY EDUCATION

  MMSUofficial  MMSU_official  www.mmsu.edu.ph

<https://www.facebook.com/photo/?fbid=718274873668139&set=a.459121426250153>

<https://www.mmsu.edu.ph/news/mmsu-celebrates-2023-mental-health-and-values-formation>



MARIANO MARCOS STATE UNIVERSITY

Office of the President

MEMORANDUM NO. 23-433

TO : All Employees

FROM : DR. SHIRLEY C. AGRUPIS,
President

DATE : October 26, 2023

SUBJECT : Participation in the Community Wellness Activity

In support to the 2023 Mental Health and Values Formation Celebration with the theme, "Our Minds, Our Rights: Mental Health is Every MMSU Employee's Human Right", all units in the Batac Campus will converge in front of the FEM Hall on **Oct. 27, Friday, 4:30 p.m.**, before the Flag Retreat, for a 30-minute physical activity/dance workout/Watwat. For academic units, the activity shall be done in the colleges.

Kindly document your respective activities and submit them to the Health and Wellness Services Unit through <https://bit.ly/CommHealthWellness2023>. You can also share these on social media using the hashtag **#MMSUWellness2023**.

Please wear your most comfortable outfit for the activity.

For your active participation.

cc: HWS, CHuMS, ANTAP, FAI, HRMO, OUBS

Room 208 FEM Hall, MMSU, #16S Quiling Sur, City of Batac, Ilocos Norte
✉ op@mmsu.edu.ph ☎ +(63)77-600-04-59 www.mmsu.edu.ph

MMSU @45: ACHIEVE-ing more for the future



Memorandum on the Participation of All Employees in the Community Wellness Activity



MMSU Research Directorate



MMSU Laoag City Campus



MMSU College of Computing and Information Sciences – Batac Campus



***MMSU College of Aquatic Sciences and Applied Technology –
Currimao Campus***

Health and Wellness Services

MISSION

It shall provide adequate, high quality and efficient medical and dental services in order to achieve and maintain optimum health and wellness of the entire MMSU populace.

GOALS AND OBJECTIVES

1. To have an effective health monitoring system in the university.
2. To be able to diagnose, manage, and treat acute and chronic non admissible cases.
3. To maintain a complete medical and dental file for students and employees.
4. To function as health promotion and prevention center.
5. To continuously improves competency of medical and dental staff to optimize their role as health care guardians.
6. To make the University Infirmary more productive.

MARIANO MARCOS STATE UNIVERSITY
2021 Praise Awards
PRESIDENTIAL ACHIEVE AWARD (2020)

Strengthening and Sustaining the IATF Health Protocols of Mariano Marcos State University

Basic Health Services

MEDICAL AND DENTAL CONSULTATION & EXAMINATION

IMMEDIATE MEDICAL CARE

BREAST EXAMINATION, FBS, URIC ACID AND CHOLESTEROL, RAPID URINALYSIS, BLOOD PRESSURE TAKING

SCREENING AND EARLY DETECTION OF DISEASES

HEALTH PROMOTION ACTIVITIES

VACCINATION

BLOOD LETTING

WATWAT AND BANTAY PRESYON

TOOTH EXTRACTION

TRAINING AND ASSISTANCE TO STUDENTS

MASS FOGGING AND AMBULANCE SERVICE

COVID-19 PROTOCOLS AND REGULAR DISINFECTION

POLICIES

The University Health & Wellness unit is open from 7:30 AM to 5:00 PM except weekends and holidays.

Present your identification card prior to consultation.

The order of patients to be consulted is first come first serve basis except in cases of emergency

Consultation and treatment should be done at the clinic except in cases of emergency.

Free medicines shall be given only after consultation depending upon the availability of the supply.

In case for medicines for travel or field trips, duly signed request must be submitted.

Medical Certificate will be issued upon personal request of the patient after consultation. "NO CONSULTATION, NO MEDICAL CERTIFICATE"

Payment of Php 20.00 to the Cashier's Office is needed prior to issuance of medical certificate.

Every patient seen in the clinic must have a complete medical and dental file.

Confidentiality is maintained on medical and dental record.

COVID-19 HEALTH PROTOCOLS

Avoid crowded places at least 1 meter away from others.

Always use a facemask and face shield

Frequently wash hands for at least 20 seconds/ use hand rub with at least 60% alcohol

Check temperature at main entrances using non-contact thermal scanner

Avoid touching your eyes, nose, and mouth

Disinfect by soaking shoes

Avoid handshakes or touching surfaces frequently touched by others

OTHER SERVICES

Hepatitis B Vaccination
Php 500.00

Dental Filling
Php 200.00

Oral Prophylaxis/Dental Cleaning
Php 100.00

Tooth Extraction
Free

Ambulance Service
Emergency Responses

MARIANO MARCOS STATE UNIVERSITY

UNIVERSITY INFIRMARY

Health & Wellness Services
City of Batac

We Are Here For Your
Medical and Dental Health

CONTACT US:

Page 2 / 2

infirmary@mmsu.edu.ph www.mmsu.edu.ph

School-on-the-Air


**PAKAAMMO para iti
SCHOOL-ON-THE-AIR (SOA) PROGRAM**








SOA 38th Episode


**School-on-the-Air/
Eskuela iti Tangatang
Goat and Swine Production and Processing**

Self-Care Routine

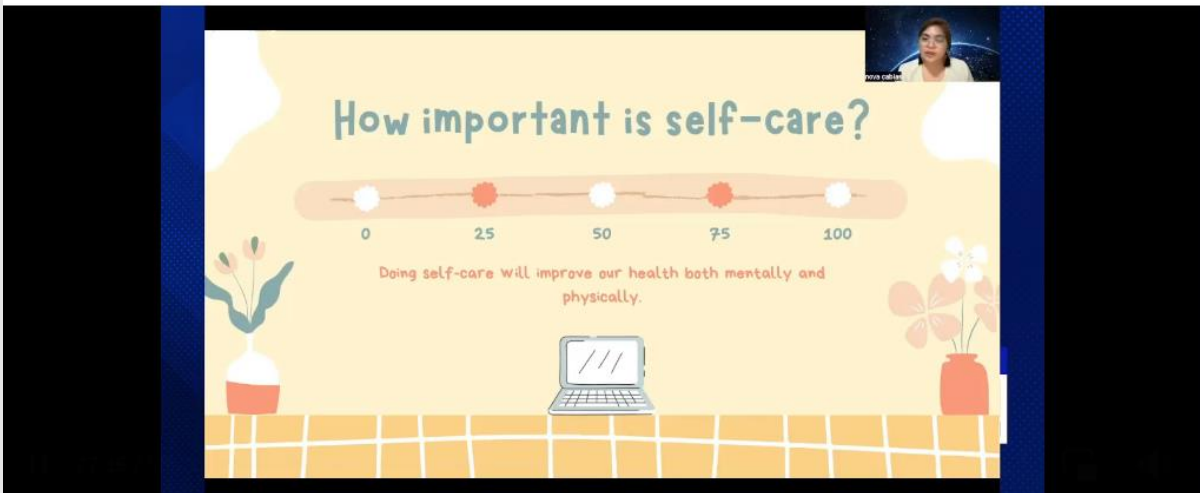
PROF. NOVA MATEO-CABIAS
Faculty Member, MMSU-CIT/Guidance Counselor



 DWFB Radyo Pilipinas, 103.5 MHz, FM Band 12-1 p.m., Mierkules / November 22, 2023 FB live @ DWFB	 DWC1 FM, 105.1, Radyo Adjo Piddig 5-6 a.m., Huebes / November 23, 2023	 DWNI FM, 91.1, Radyo Karruba Burgos 11-12 noon, Biernes / November 24, 2023
Provincial Government of Ilocos Norte (PGIN) thru Ilocos Norte Agriculture and Extension System (INAFES) Ilocos Norte LGUs	Ilocos Agriculture, Aquatic, and Resources, Research and Development Consortium (ILAARDEC) ILAARDEC-PCAARRD RAISE Agricultural Training Institute (ATI)	Gender and Development College of Agriculture, Food and Sustainable Development (CAFSD) Research Directorate
 MMSU Extension Directorate <i>Helping People Help Themselves</i>	 extension@mmsu.edu.ph  https://www.facebook.com/MMSUExtensionOfficial	 https://extension.mmsu.edu.ph/

**MMSU Extension Directorate** was live.
November 22, 2023 · 🌐

#MMSUschoolOn-The-AirProgram | November 22, 2023
Kasama si Mercy Gaño
SELF-Care
[See Translation](#)



<https://www.facebook.com/share/v/1BDHbH1ScP/>

<https://www.facebook.com/photo/?fbid=743659081133433&set=a.230385159127497>

MENTAL HEALTH LITERACY OF THE EMPLOYEES AND STUDENTS OF THE MARIANO MARCOS STATE UNIVERSITY

Myra R. Lampitoc*, Francis Clarence C. Chua, Marilou J. Raval

Abstract

There has been an increasing incidence and severity of mental health disorders among university employees and students, as supported by the increasing reports on suicidal tendencies in Philippine universities. One overlooked factor in addressing mental health issues is the importance of mental health literacy (MHL).

This study aimed to determine the MHL of MMSU employees and students. Also, to compare the MHL between students and employees and between teaching and non-teaching employees. Random sampling was done to select the respondents among the listed students, faculty, and staff of the university. The study utilized the Mental Health Literacy Scale tool adapted by Connor and Casey (2015) and Dias et al. (2018). Descriptive statistics analysis and t-tests were used to determine the MHL of participants.

The results showed that the respondents' MHL is sufficient for all variables. All variables comparing students' and employees' MHL were statistically insignificant except for their *knowledge of seeking mental health information*. There was also no significant statistical difference in all the variables between teaching and non-teaching employees except for their *ability to recognize a specific mental disorder*.

Ensuring complete MHL training and having adequate skills to respond appropriately to mental health problems may connect people to appropriate care in a university context.

Keywords: health-seeking, mental disorder, mental health literacy, self-treatment

https://research.mmsu.edu.ph/stjournal/vol10_mental_health_literacy.pdf