

## ***BatStateU OGC empowers counselors with Mental Health First Response Training***

In a dedicated effort to boost the capabilities of the Batangas State University's mental health support team, the Office of Guidance and Counseling (OGC) Pablo Borbon Campus organized a comprehensive mental health first response training. The event, held on December 20, 2022, saw active participation from the Pablo Borbon Campus and its extension campuses, uniting to enhance their mental health support initiatives.



The training was expertly facilitated by Mr. Albert M. Arcega, a distinguished Registered Psychometrician and Certified Mental Health First Response Instructor. Mr. Arcega's guidance shed light on various mental health symptoms, including but not limited to depression, stress and adjustment disorders, anxiety and trauma, substance use issues, and relationship challenges. This comprehensive exploration of mental health issues served as a foundational knowledge base for the participants.

In addition to symptom recognition, the training delved into the essential skills and strategies required for effective mental health first response. Participants were equipped with the tools and knowledge to intervene appropriately when individuals are in crisis. Mr. Arcega's expertise also encompassed an examination of key indicators that could contribute to the emergence of the aforementioned mental health symptoms.

Beyond the informative sessions, the training fostered an open and engaging discussion environment. Participants had the opportunity to share their experiences, concerns, and the challenges they encounter while assisting students with various mental health needs. This collaborative exchange provided a platform for counselors to learn from one another and explore innovative strategies to address student mental health effectively.

The training concluded with a forward-thinking approach. Participants actively engaged in the identification of programs and projects that the University's OGC will prioritize in the coming year. These initiatives will be tailored to address the specific mental health needs of the student community, marking a commitment to proactive and student-centered mental health support.



This mental health first response training reflects Batangas State University's dedication to equipping its guidance and counseling team with the knowledge and skills necessary to provide essential mental health support to students. Through this initiative, the University seeks to foster a nurturing environment where students' emotional well-being is a top priority.

