



NU BALIWAG

COMMUNITY SERVICES

MENTAL HEALTH AWARENESS MONTH

October 20, 2021

Theme: "Nationalians as mental health agents towards a flourishing NU(new) normal"

One of the most undisclosed and marginalized concerns in our society is about mental health. It has become a stigma that suppresses those who are suffering from it because of false knowledge and wrong conception of the issue. As the three organizations uphold their mission, they aim to use this event as platform to spread awareness and make an impact to eradicate this issue in our society.

The Project was spearheaded by the NU Baliwag SINGKABAN Student Volunteers under the Community Extension office together with the NU Baliwag Solace Giver Peer Group of Guidance Services and Psychology Society of Psychology Department.



It was participated by students from different programs and as a result the students were able to showcase their unique talent.



Link:

<https://www.facebook.com/NUBaliwagComEx/posts/pfbid05UV5zB7k6pMjm41nhnVA8k3QUJi7MunxuaGdiF78R4q1Km8d22WKaY1WysbAEANSI>