



Philippine Mental Health Association Inc.

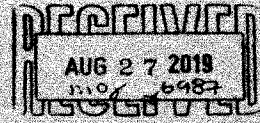
PANGASINAN CHAPTER

Arellano-Bani, Dagupan City (075) 523-5467 • 09198390773 • 09279311290
pmha_mentalhealth@yahoo.com

Mitch

August 27, 2019

DR. LORNA G. BUGAYONG
Schools Division Superintendent
DepEd Dagupan City Division



2019-2020 CHAPTER
BOARD OF MANAGEMENT

Dear Ma'am,

Mrs. Ery G. Datario
Chairman

Judge Emma M. Torio
Vice-Chairman

Mrs. Zenaida L. Sintao
Secretary

Dr. Benjamin O. Baulista
Treasurer

Mr. Jaime L. Nabua
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Mrs. Dolores Teng
Adviser
Mr. Michael C. Romero
PMHA Executive Manager

Greetings from PMHA!

The Philippine Mental Health Association Inc. Pangasinan Chapter is a non-government, non-stock and non-profit organization dedicated to the promotion of mental health and the prevention of mental disorder. Through our primary program, the Education Information Service advocates mental health through lecture-forum, seminar, and conferences as part of our endeavor in promoting positive mental health to the Filipino people.

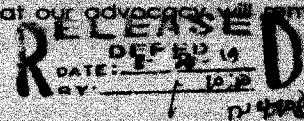
In celebration of the National Mental Health Week and World Mental Health Day, in partnership with the City Government of Dagupan, we will be conducting a Lecture - Forum on Mental Health on September 25, 2019 (Wednesday) from 8:00am to 12nn at The Dagupan City Museum. The Lecture - Forum on **"BULLYING AND SCREEN ADDICTION: A Mental Health Concern on Today's Youth"** will highlight the topics on **STOP THE GAME, STOP THE PAIN: Preventing Bullying Outbreak through Awareness, Intervention and Prevention** and **"TRAPPED IN THE WEB: A Disorder Or A Fad?"**

With this regard, may we have the honor to extend to you and your good office our invitation to promote the Lecture-Forum and support us by permitting your staff to participate the said event. A registration fee (see attached) will be charged for each participant to cover the kit, certificates and snack.

Lastly, to facilitate the smooth flow of the activity, may we request the interested participants to confirm their attendance by submitting their names along with their registration fees at the PMHA - Dagupan Office, Arellano-Bani, Dagupan City on or before September 2, 2019 (Early Bird Promo) or on September 20, 2019 (Regular Rate) or they may send the list of participants at PMHA email address pmha_mentalhealth@yahoo.com and deposit the registration fees at PMHA BPI account number 0553-4870-05 (Arellano Dagupan City Branch). Slots are limited only and on-site registration will not be allowed. For further inquiries for more info you may contact us on the following:

Tel. No.: (075) 523-5467 Mobile No. 09198390773 (Smart) / 09279311290 (Globe)
Email: pmha_mentalhealth@yahoo.com
FB: Philippine Mental Health Association, Inc. Pangasinan Chapter

Your continued support to the association ensures that our advocacy will remain visible and achievable.



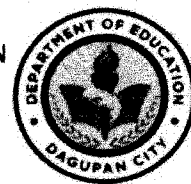
Respectfully yours,

MR. MICHAEL C. ROMERO
Chapter Executive Manager

Noted by:
MRS. ERY G. DATARIO
PMHA Chairman



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region I
SCHOOLS DIVISION OFFICE
DAGUPAN CITY



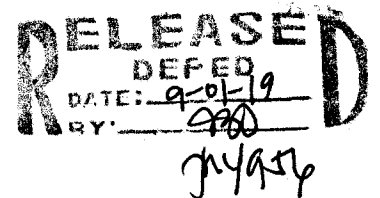
August 30, 2019

DIVISION ADVISORY

For information and guidance.

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RECEIVED
DATE: 09-02-19
TIME: 2:11 PM
REYNANTE S. INFANTE
SCHOOLS DIVISION OFFICE I

DR. LORNA G. BUGAYONG, CESO VI
Schools Division Superintendent





Philippine Mental Health Association Inc.

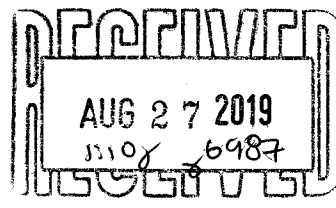
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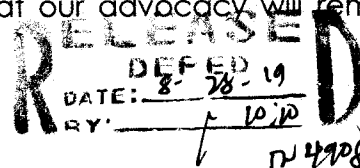
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Mr. Michael C. Romero
PMHA Executive Manager

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Respectfully yours,


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BULLYING AND SCREEN ADDICTION: A Mental Health Concern on Today's Youth September 25, 2019 | Dagupan City Museum

RATIONALE:

An estimate of 10-20% of adolescents' experiences mental health conditions worldwide. In the Philippines alone, 3.3 million Filipinos are suffering from depressive disorders (DOH, 2019). These numbers only comprise the recorded cases, more are left untreated and unrecognized. Mental problems among the youth could stem from different cause, two of which are bullying and unhealthy use of social media and devices. Bullying is a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words or more subtle actions (American Psychological Association). Bullying has been linked to many negative outcomes including physical and mental health issues, poor academic performance, low self-esteem, anxiety, depression and suicide. Moreover, it also gives negative impact to the perpetuator, witness and the society. Now that Social Networking Sites are easily accessed by anyone, there is an increased chance of getting cyber bullied.

One of the most convenient inventions on the 21st century are computers, smartphones and internet. Each year, new models with more upgrades are being released by different brands. These devices both provide convenience and entertainment for users. But excessive use and abuse of these devices may lead to addiction. Due to the explosion of digital age, many people, especially students, are observed to be hooked to online/mobile games and Social Networking Sites such as Defense of the Ancients (DOTA), League of Legends (LOL), Mobile Legends (ML), Facebook, Twitter, Instagram and YouTube. Too much use of these devices and sites which interferes with your daily life may be a sign of a more problematic issue. Many psychologists and experts recognize disorders associated with the excessive use of internet, computer, and mobile phones. Internet Addiction Disorder or commonly referred to as Compulsive Internet Use and Screen Dependency Disorder have affected many individuals. These problems negatively affect one's physical health as they frequently experience backache, headache, vision problems, weight gain or loss. Furthermore, it affects an individual's mental health as manifested by signs of depression, anxiety, agitation, mood swings, loneliness and etc... It may disturb an individual's daily life as they become more restless, easily bored, unable to prioritize task, procrastinate and become less productive in work and at home.

Bullying and unhealthy use of internet and devices has become a growing concern on today's youth and their mental health. The rise of mental health advocacies to educate the people on awareness and prevention of mental health problems has been substantially growing, but with the limited number of professionals inclined with the promotion of mental health, the growth has been slow.

With its commitment to promote mental health among the youth, the Philippine Mental Health Association, Inc. Sees the value in imparting knowledge on the upsurge of bullying and mobile addiction and its effect on the mental health of youth. By capacitating the professionals in detection and managing cases which was brought about by these issues, they will be able to improve the strategies in the prevention as well as proper intervention to eliminate cases of bullying and mobile addiction which are roots of development of mental health problems among youth.

OBJECTIVES:

At the end of the activity, the participants should be able:

- To gain knowledge of the current situation of bullying and unhealthy use of Internet and devices and its effect on an individual's mental health;
- To detect and understand a person's susceptibility to developing mental health problems and identify best fit intervention as they discover the elements of an effective treatment program
- To develop preventive measures and programs to address and minimize the risk of developing mental health problems, especially among the youth, brought by bullying and unhealthy use of internet and devices.
- To share knowledge gained to their respective schools, offices, and community and increase awareness of these issues.

PRE-REGISTRATION

includes kits, snacks and certificates

EARLY BIRD PROMO

Until September 2, 2019

STUDENT	P 500.00
PMHA MEMBER	P 600.00
PMHA NON-MEMBER	P 700.00

REGULAR PROMO

September 3- September 20, 2019

STUDENT	P 600.00
PMHA MEMBER	P 750.00
PMHA NON-MEMBER	P 850.00

CPD points for RPsy, RPm, RGC, RSW, RSN is on process