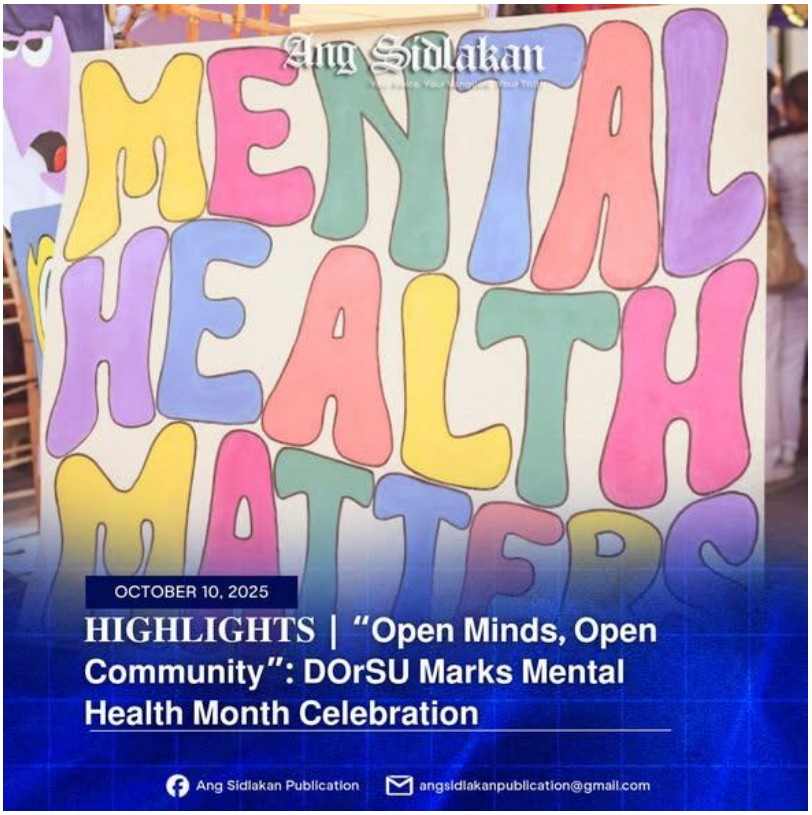
Mental Health Support

Davao Oriental State University (DOrSU) promotes mental health and psychological well-being through counseling services, awareness campaigns, suicide prevention training, wellness activities, and disaster-related psychosocial support. In 2025, the University implemented initiatives such as the Open Minds, Open Community celebration, RACE Against Suicide training, DOrSU-CARES mental health hotlines, free psychological consultations, and community-based Psychological First Aid. Through these programmes, DOrSU strengthens access to mental health support, reduces stigma, and fosters a safe, compassionate, and supportive environment for students, employees, and the wider community.

"Open Minds, Open Community": DOrSU Marks Mental Health Month Celebration



In observance of World Mental Health Davao Oriental State University (DOrSU), through its Office of Student Counseling and Development (OSCD), conducted a two-day campus celebration titled "Open Minds, Open Community" on October 9–10, 2025, in observance of World Mental Health Month. The initiative aimed to promote mental health awareness, reduce stigma, and foster a supportive and empathetic university environment.

In collaboration with the Office of Student Affairs, University Peer Facilitators, University Student Council, and students from the Bachelor of Special Needs Education and Bachelor of Science in Psychology programs, the event featured interactive booths promoting mindfulness, emotional well-being, relaxation, and social connection. It also included a webinar addressing digital dependency and online gambling, concerns identified through OSCD's needs assessment survey.

Through mental health education, awareness activities, and continuing access to counseling and guidance services, DOrSU encourages open conversations about mental health and

strengthens its commitment to supporting the psychological well-being of students and the wider university community.

Source:
https://www.facebook.com/AngSidlakanPublication/posts/pfbid0eYXrdktMPpGETod9ixRoEmygRneUcyWQu2H4AFQo6SsK2vHrNtXuB44s9HvjsVHyl?rdid=zPQA8xxs19SycniO#

DOrSU-CARES Extends Mental Health and Emotional Support to Earthquake-Affected University Community



Davao Oriental State University (DOrSU), through its Counseling Alliance for Resilient Education and Support (DOrSU-CARES), made mental health and emotional support services accessible to students, faculty, and staff affected by the series of earthquakes and aftershocks in the province.

The initiative provided access to psychological and emotional support for members of the university community experiencing distress, anxiety, or trauma following the disaster. Through dedicated support hotlines, DOrSU-CARES ensured that individuals could reach out for assistance and guidance when needed.

Through this initiative, DOrSU strengthens its institutional mental health support system, promotes psychological resilience, and provides accessible psychosocial assistance during emergencies and disaster-related situations.

Source:
https://www.facebook.com/photo/?fbid=1130450075903835&set=a.503957585219757

DOrSU Declares Mental Health Break to Promote Rest and Well-Being

Davao Oriental State University (DOrSU) declared February 14, 2025, as a University-wide Mental Health Break to provide students, faculty, and staff with time for rest, self-care, and personal well-being. Classes were suspended, while faculty and staff shifted to work-from-home arrangements, including personnel from the University's extension campuses. Scheduled major activities, such as the Pinning Ceremony in Banaybanay, were allowed to proceed.

The initiative aligns with Republic Act No. 11036, or the Mental Health Act of 2018, and recognizes the importance of mental health in the university environment. By providing dedicated time for rest and wellness, DOrSU reinforces its commitment to promoting psychological well-being and a supportive academic and workplace environment.

Source:
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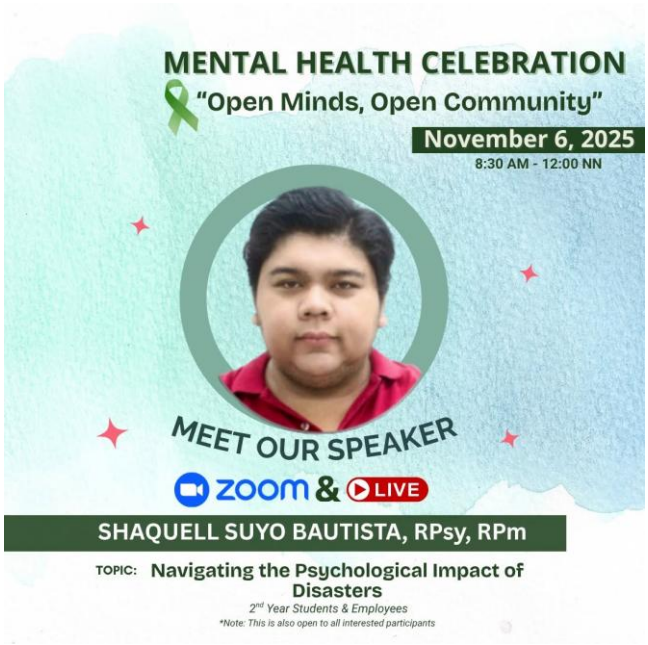
DOrSU Offers Mental Health Webinar to Strengthen Community Resilience After Earthquake



Davao Oriental State University (DOrSU), through its Office of Student Counseling and Development (OSCD), rescheduled its Mental Health Webinar to November 6, 2025, following the earthquake that affected the university community. The online activity was scheduled from 8:30 AM to 12:00 noon via Zoom and Facebook Live to ensure continued access to mental health awareness and support initiatives.

The webinar aimed to encourage emotional well-being, mutual support, and psychological resilience among members of the university community during a challenging period. By adapting its mental health activities in response to the disaster, DOrSU reaffirmed its commitment to providing accessible mental health education and fostering a supportive and resilient campus environment.

Source:
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DOrSU OSCD Introduces Online Appointment System for Accessible and Confidential Counseling Services



Davao Oriental State University (DOrSU), through its Office of Student Counseling and Development (OSCD), provides accessible guidance and counseling services through an online appointment system for students seeking personal support and assistance in managing life's challenges.

The initiative allows students to conveniently schedule counseling appointments, including walk-in consultations, through an online form. OSCD also emphasizes the confidentiality of information collected to protect the privacy of individuals seeking assistance and encourage them to access professional guidance without hesitation.

Through this initiative, DOrSU strengthens access to mental health and psychosocial support services, promotes early help-seeking behavior, and fosters a supportive and confidential environment for student well-being.

Source:
https://www.facebook.com/photo/?fbid=1023937019755012&set=a.660993489382702