


VERSION NO. 1	MANUAL TITLE PRINCIPLES, POLICIES AND GUIDELINES ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT FOR UP STUDENTS	DOCUMENT NO. MHPSS0
	DOCUMENT NAME GUIDING PRINCIPLES ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT FOR UP DILIMAN STUDENTS	REVISION NO. 0
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The University of the Philippines Diliman campus identifies seven principles listed below as the ground where mental health and psychosocial services are rooted. These principles are derived from the values that define academic life in the University and are encapsulated in the acronym **H – E – I – G – H – T – S**.

H –umane: Mental health and psychosocial support programs of UPD are equitable and uphold the dignity and rights of the students;

E –vidence Based: The students’ lives are enriched through mental health and psychosocial support programs that are evidence based or evidence informed.

I–nclusive: The University is inclusive in its approach to education, being mindful of the special needs of students with mental health and psychosocial concerns and incorporating them into the teaching process and school requirements. This is also consistent with the legal mandate of RA 7277 Magna Carta for Disabled Persons to uphold the rights and privileges of the disabled and to remove educational barriers that are prejudicial to disabled persons.

G –rounded in students’ cultural and socio-economic realities: Mental health and psychosocial programs of UPD are appropriate and responsive to the sociocultural realities of the students and other stakeholders;

H –olistic: UPD is committed to total person care of its students. This has the following implications:

- a) UPD recognizes that students’ mental health and psychosocial wellbeing are integral to academic excellence. Therefore, it considers the nurture and protection of students’ mental health and psychosocial wellbeing as part of its educational mandate;
- b) UPD targets the nurture of different aspects of students’ wellbeing — their mind, emotions, relationships, family life, and spirituality — as part of its total person approach to student care;
- c) UPD’s Faculty develop core attitudes and competencies that align with the principle of total person care in their teaching;
- d) UPD regards the nurturance of a caring, compassionate, and competent community, one that is responsive to the psychosocial needs of its students, to be an extension of its commitment to total person growth;
- e) UPD promotes mental health and psychosocial programs such as suicide prevention and postvention (i.e. after-care) programs as logical extensions of the total person care aspect of the University’s philosophy of education.

T –ransformative: UPD, through its units offering mental health and psychosocial support programs, develops programs that aim to facilitate growth and enhance resilience of students at the same time that it recognizes the need to identify and address serious mental health issues;

S –ynergistic: UPD promotes programs that are synergistic and integrated with each other.