

#BreakTheSilence mental health campaign launched in USM

Written by Lloyd Anton Von M. Colita, UPRIO - Last Updated Wednesday, 10 April 2019 09:56



“Not even the rain could stop us!” said one participant after a heavy rain poured just before the start of the launching of the newest campaign on April 4, 2019 in front of the College of Business Development, Economics, and Management.

#BreakTheSilence campaign was launched to improve the mental health support in the University of Southern Mindanao. With the tagline “your story isn’t over yet”, the campaign is dedicated to start a more personal, holistic, and goal oriented movement.

Organized by the USM Campus Ambassadors and University Public Relation and Information Office in partnership with Psychology Department, The Mindanao Tech, Psychology Society, USM Muslim Students Association, Guidance Office, CBDEM, Gender and Development Office, and Office of the Board Secretary , #BreakTheSilence is a one year campaign aimed at raising awareness about mental health issues through restorative and reformative activities for the students, faculty, and staff of the University of Southern Mindanao.

UPRIO Head Mr. Lloyd Anton Von M. Colita read the manifesto of the campaign. When asked about why they initiated the movement, he said “We partnered with many campus organizations and offices in the hope of reaching out to more people in USM. Mental health is everybody’s concern. We invite other student orgs and offices to join the movement. This is our social responsibility.”

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