

## MENTAL HEALTH AWARENESS AMONG NON-TEACHING PERSONNEL

*by:*

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Mental health awareness is a program associated with the discussion of mental illnesses among many people around the world thru sharing personal experiences. It helps others especially those persons suffering from such. One's experience about how to surpass mental illnesses helps a lot to someone currently suffering from it.

In today's work environment, mental health illnesses are widely visible among workers, but not really visible among the non-teaching personnel. They used to hide their feelings and struggles in work in order to sustain the insanity in them and for them not to be judged by other people saying they were just overly dramatic. In a fast-paced work environment, breathing in the only way to feel free for some people experiencing a mental health illness, sleep may help but it doesn't really change the fact that even you wake up from a long sleep, the illness is still there. Usually these personnel struggle through discrimination and incompetence. They feel like just a decoration meant to obey the rules and regulations that their immediate supervisor were implementing. The decision making sometimes becomes an issue between the two. These personnel are meant to do the right thing, for good governance and transparency, but sometimes, they were challenged by the higher ups to do things just to comply and complete certain tasks.

We can't still throw away the stigma going on between mental health illnesses and the workers. Maybe starting a conversation with those people and building a trust may help but not necessarily will put away the illness. For someone going through a lot, it may sound uncomfortable and it may not be easy opening up about the stigma, but at least a small step can help. These people need much support from everyone that surrounds them

especially their immediate supervisor. A simple appreciation, a simple conversation and a simple recognition can make them feel alive during work and even after work.

*References:*

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