

The Psychology Program of Davao Doctors College kicked off its first big school year event, a webinar about Suicide Prevention and Awareness, last September 23, 2021.

The program started at exactly 1:00 in the afternoon, and webinar attendees were given few reminders to follow regarding the house rules. The creative team presented the opening prayer, National Hymn, and DDC Hymn. 660 participants from 64 different schools, universities, colleges, and institution were welcomed by the program hosts, John Mark Lomantas, and Suzeth Guillen. Christina Valenzona and Kristina Diomon broke the ice by facilitating a game. The game was divided into three parts: the first part was Guess the Name, with three rounds each where series of pictures were flashed on the screen, and the participants should guess the person's name in the photo. The second part was Guess the Song, with only one round where a song was played in the background, and the participants quickly gave the correct guess. The last game was Guess the Movie, with also one round where a group of emojis was present in the slide, and from that, a movie title will be formed. The winners were given a cash price via Gcash. The participants were enthusiastic about the game.

After which, Ms. Charisma Salutillo, the Program Chair of DDC Psychology Program, gave her opening remarks. She emphasized the importance of the webinar topic by stating statistics on the number of deaths due to suicide and that everyone can be a victim. The program hosts then introduced the Resource Person. The Resource Person, Mr. Novie John Palrisan, is a licensed Professional Teacher, a Registered Guidance Counselor, Registered Psychometrician, and a Registered Psychologist. He began by thanking the organizers of the event and the people behind who made the webinar possible. He unfolded his message by sharing his experience with his client six months who attempted suicide multiple times and has a deep depression. He had seen that his client was not only a victim but a fighter as well, and as he saw that hope, he wanted to ignite similar hope to others so that others can also shed light on those who are suffering. Mr. Palarisan also checked on the attendees by asking them, “Kumusta ka?” They responded by sending an emoji with a corresponding emotion-based in the ppt slide. He then showed the alarming statistics about suicide deaths and facts about suicide, according to the World Health Organization (WHO, 2021) and mentioned the three risk factors for suicide – (1) mental health conditions, severe health conditions including pain, and traumatic brain injury; (2) Environment; and (3) Historical. He also mentioned the warning signs for suicide and gave the definition of Hope. Lastly, he imparted Self-Regulation Techniques so that those who are listening can create an authentic relationship with their emotions. The Resource Person ended his message by encouraging the participants to hope as hope is a powerful thing, and it can inspire us to do the impossible and help us carry on during difficult times.

After the message, Caitlyn Buzon & Leila Corporal facilitated the Q&A via Menti. The Resource Person was flooded with questions. However, due to the interest of time, 15-20 questions were only accommodated and the rest of the answers to the questions will be posted at DDC Psychology Facebook page. An intermission number followed rendered by Krizza Mae Del Castillo wherein she sang a cover of a song entitled “Safe and Sound”. Afterwhich, a Certificate of Appreciation was given to our Resource Person. To formally end the program, Ms. Sheena Marione N. Gutierrez, the AllPsychS Moderator, gave a closing remark. Before saying goodbye to everyone, the hosts invited the participants to the upcoming Psych Days and Mental Health Month Celebration wherein there will be a webinar series every Friday for the month of October.