

Name of Extension/Public Service (The name of the service being offered)	Short Course on Stress Management and Mental Health
Objective (Description of the service being provided; History of service provision)	<p>The course is specially designed to help managers, leaders, administrators, community health workers, government or non-government employees, trainers, and others who are interested in understanding stress and its close relationship to psychological or even mental health.</p> <p>This course is based on the idea that stress has a powerful effect on people's mental health and overall psychological state. Likewise, people whose mental health is challenged can be very vulnerable when exposed to different types of stressors, especially at the workplace.</p> <p>In light these, the course introduces participants to the concept of stress and its different dimensions. This in turn can help their subordinates and co-employees and peers understand and manage their own stress and cope with it. In the end, it is hoped that better relationships, better mental health, and better workplaces are created.</p>
Duration/Date	Five days, scheduled on July 10-14, 2017
Target Beneficiaries	Managers/leaders, administrators, community health workers, government or non-government employees, trainers, and others who are interested in the topics of the course
Cost of Participation	PhP 12,000 per participant
Office in Charge	UP Manila College of Public Health Department of Health Policy and Administration
Office Profile Degree granting or non-degree granting Purpose of creation Location in the hierarchy (Background of the office providing the service i.e. Number of personnel and Key personnel)	<p>The UPM CPH is a degree-granting unit with the Dean as its Chief Executive Officer. The Dean is assisted by the Dean's Management Team (DMT). The College has an Executive Committee, which is chaired by the Dean. It is composed of the heads of the seven departments and acts as a policymaking body. The primary services of teaching, research and extension are provided by 52 full-time faculty members, who also comprise the CPH Council.</p> <p>The College was established in June 1927 as a unit of the University of the Philippines for the training of medical officers in the Philippine Health Service.</p> <p>University of the Philippines (UP) System</p>

providing the service)	University of the Philippines Manila (UPM) College of Public Health (CPH) Department of Health Policy and Administration
Awards/recognition received by the office (The awards given by or received by the office offering the service, if any)	Southeast Asian Ministers of Education Organization (SEAMEO) Tropical Medicine (TROPMED) Regional Centre for Public Health, Hospital Administration, Environmental and Occupational Health PRC-accredited Continuing Professional Development (CPD) Provider for (1) Medicine and (2) Nursing
Official website and Social media accounts (The link to the official website of the service)	http://cph.upm.edu.ph/ https://www.facebook.com/CPHUPM https://twitter.com/CPH_UPM
External links for documentation (The external links featuring the service [for the electronic copy, e.g. features in newspapers etc.])	
Contact details (The contact details of the head of the unit offering the service: fax, telephone, email, snail mail, map)	Prof. Fernando Garcia Jr. 625 Pedro Gil Street Ermita, Manila Tel: (632) 3104203 Telefax: (632) 5232997 E-mail: fbgarcia2@up.edu.ph
Other Remarks	