OKOR, LDR Celebrate World Mental Health Day
by Dylan Tanyag and Tracy Desierto

The Order of the Knights of Rizal (OKOR) and Las Damas De Rizal (LDR)'s Doha Chapters celebrated World Mental Health Day, themed "Access to Services — Mental Health in Catastrophes and Emergencies," aiming to nurture one's mental health and break the stigma at the Audio-Visual Room on October 11.

In his special message, **H.E. Mardomel Celo D. Melchor**, **the** Philippine Ambassador to the State of Qatar, gave a brief history of the celebration of World Mental Health Day in the Philippines, expanded on the concept of mental health, and expressed his gratitude to those spearheading the event. He shared,

"Mental health is a basic universal human right, which is being recognized nowadays."

The Executive Director and Founder of the Children & Youth, Wellness, Technical & Advocacy Center (CYWTAC) Incorporation, **Dr. Marylendra A. Penetrante**, held the first session of the seminar, titled "Thriving. Flourishing. Living." In her session, she covered mental health basics, underscoring that mental health is important for all, irrespective of gender. Alongside this, she tackled common job stressors and mental illnesses caused by various traumas.

Further, she delved into the stigma of mental health, emphasizing the importance of seeking help, both professionally and personally. She also explained the concept of intentional living and shared tips on how to take care of one's mental health. She stated,

"Flourishing is the highest form of survival."

In the second session, 'From Stress to Strength: Building Resilient Workplaces,' **Dr. Dianne Joy Closa-Bonsol**, consultant at DOC Medical Center, discussed Qatar's mental health trends and common illnesses like depression and bipolar disorder, their causes, risk factors, and impact on personal growth.

Moreover, she shared her ideas on transforming stress through active relaxation, such as meditation and exercise. She emphasized that,

"Building a resilient workplace is a shared responsibility."

World Mental Health Day is celebrated every 10th of October, aimed at raising awareness, understanding, and breaking the stigma surrounding mental health issues around the world.