

Company: Government Service Insurance System

Company Description: The Government Service Insurance System or GSIS is a government owned and controlled corporation that provides social security coverage to its more than 1.7 million Filipino government employees and provides insurance protection for properties with government insurable interest in the Philippines.

Nomination Category: Video Categories

Nomination Sub Category: Fitness, Health & Wellness

Nomination Title: Ryhthm of Exhaustion (A Mental Health Awareness Video)

1. Briefly describe this entry's communications objectives and how it met those objectives (up to 200 words):

Total 196 words used.

Oppression and discrimination are societal issues that can lead to mental health problems. Data show that more women experience these conditions. Yet regardless of sex, gender, age or social status, everyone can be affected.

Through this video, the Government Service Insurance System (GSIS) effectively acknowledged, addressed, and communicated the presence of mental health illnesses of its employees. With a follow through survey, GSIS identified that 10% of the population are high risk employees. Thorough this, it paved the way for the company to provide mental health wellness activities and seminars to its almost 3000-strong manpower. Supervisors were provided seminars on how to identify red flags on mental health among their subordinates.

The GSIS GAD Committee and the Medical and Wellness Services Department support GSIS employees who are heavily burdened by mental-emotional concerns. With the GSIS DIWA Program, online and face-to-face counseling, psychological first aid, referrals to external mental health professionals, and other mental health awareness programs are made available to all employees.

To date, the GSIS Diwa Program has aided more than 1,500 employees and provided physical space in the office for rest and respite, counseling room, massage room, meditation room, prayer room for Muslims.

2. Date this production was first released/publicly viewed:

March 1, 2022

3. Provide the applicable creative and production credits for this entry:

Concept and Production: Creative Strategies Department

Producer: Gender and Development

Research: Medical and Wellness Services Department

Attachments/Videos/Links:

[Ryhthm of Exhaustion \(A Mental Health Awareness Video\)](#)



[GSIS Rythm of Exhaustion](#)

