

# Mental Health in the Philippines Status and Challenges

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Department of Health, Philippines



**The coronavirus pandemic is inducing a considerable degree of fear, worry and concern.**

**Psychological impact includes elevated rates of stress or anxiety (WHO, 2020)**

# Psychological Impact of COVID-19 in the Philippines

In a study conducted with a total of **1,879** completed online surveys, it states that during the early phase of the pandemic.

**1/4**

of respondents reported moderate-to-severe anxiety

**1/6**

reported moderate-to-severe depression and psychological impact



Data gathered from  
March 28 – April 12,  
2020.

# NATIONAL CENTER FOR MENTAL HEALTH CRISIS HOTLINE

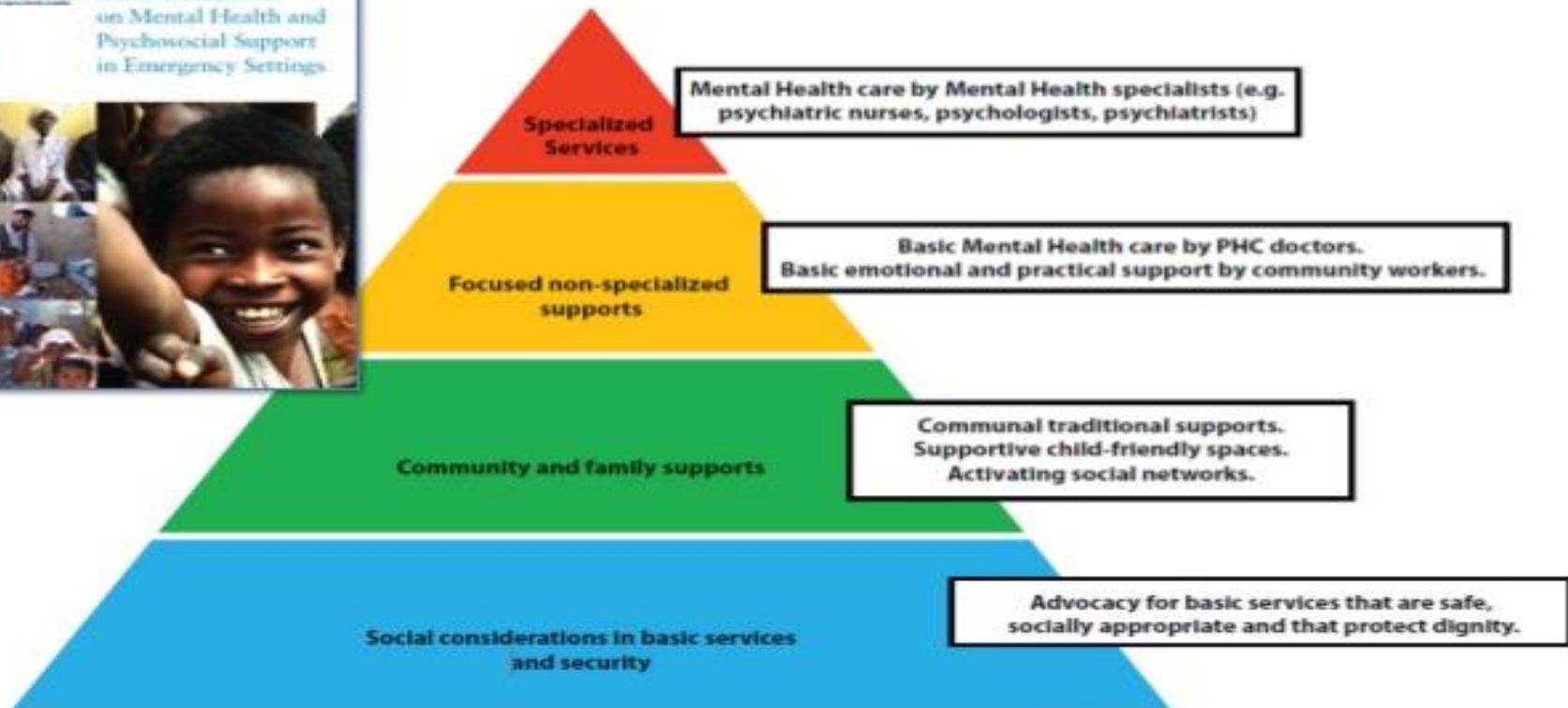
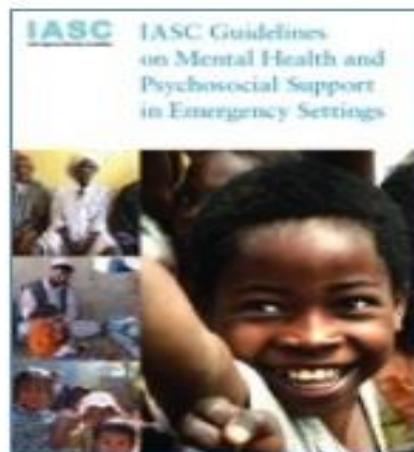
<b>Calls</b>	<b>2019 May-Dec</b>	<b>2020</b>	<b>2021 as of Sept</b>
<b>Total</b>	<b>3991</b>	<b>10160</b>	<b>14903</b>
<b>Suicide related</b>	<b>392 (9.8%)</b>	<b>1315 (12.9%)</b>	<b>4990 (33.4%)</b>

**Calls mostly from NCR, Reg 3, 4  
More females than males  
A large majority of callers are  
18-30 years old.**

## TOP REASONS FOR CALLING:

- 1. Anxiety/Depressive Symptoms**
- 2. Asking referral to a psychologist/psychiatrist**
- 3. Inquiries re hospital services**
- 4. Love/relationship problems**
- 5. Problems in the family**

# MHPSS Intervention Pyramid



**MHPSS Services Per Level of Intervention**

(\*July-August 2021 from the MHPSS 4Ws Reports Submitted by CHDs)

Quantity

Agency

**Level 1: Basic Services And Security**

*(Distribution of IEC Materials /Health Education, Transfer and care of patients to Temporary shelters/ Quarantine Facilities, Distribution of PPE, Food distribution, Medical Consultations, Financial, Transportation and Food Assistance, )*

**12,059** Food, transportation and Financial Assistance

DSWD, DOH, CHDs, LGUs

**2342** IEC Materials /Health Education Provided

CHDs, LGUs

**5,620** PPEs Distributed to communities and HCW

CHDs, LGUs, Hospitals

**70,361** Transfer and care of patients to Temporary shelters/ Quarantine Facilities

CHDS, DOH, LGUs, Hospitals

**1678** Medical Consultations (Online and Face to face)

CHDS, DOH, LGUs, Hospitals

**Level 2: Community and Family Support**

*(Psychoeducation, Online orientation on Basic Psychosocial Skills for CHDs, LGUs, Hotel QF staff and the gen. public)*

**8,513** participants

DOH, NCMH, CHDs, LGUs

**Level 3: Focused, Non- Specialized Support**

*(PFA , PSP, Grief Processing, Crisis hotlines)*

**4,527** Psychosocial Processing  
**2,301** Psychological First Aid  
**2,602** Psychosocial Helplines

NCMH, CHDs, LGUs, DSWD, Psychiatric Facilities

**Level 4: Specialized Services** *(Telemental Consultation, Suicide Prevention, Provision of Psychotropic Medications,)*

**235** Distribution of Psychotropic Medicines  
**4953** Telemental consultations:  
*Suicide related calls* **1406**  
*Anxiety/ Depression Calls* **821**

TRCs, RHUs

NCMH

# MHPSS COVID -19 RESPONSE BEST PRACTICES:



**MENTAL HEALTH CONCERNS**  
Mental Health and Psychosocial Support  
*"It's okay, not to be okay!"*  
TALK TO US! smart: 09219912064  
(Dati, istogya tai) globe: 09162411596



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HandsofPraying  
communication communication



**Policies developed, aligned with IASC guidelines**



**Partnerships- coordination virtual meetings with partners, webinars on psychosocial impacts of COVID-19**



**Posting of social media cards, IEC materials on MHPSS**



**Establishment of Psychosocial Helplines**



**“One stop shop” in the airport to assess refer returning Overseas Filipinos with psychosocial concerns**



**Conduct of MHPSS services for different target groups**



**Good mental health is critical to the functioning of society at the best of times. It must be front and centre of every country's response to and recovery from the COVID-19 pandemic.**

United Nations, 13 May 2020

*Policy Brief: COVID-19 and the Need for Action on Mental Health*



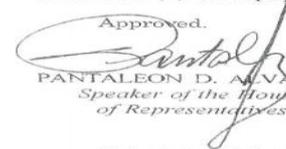
# Building Resilience in Mental Health System

## Republic Act 11036: Mental Health Act

“An Act Establishing a National Mental Health Policy for the Purpose of Enhancing the Delivery of Integrated Mental Health Services, Promoting and Protecting the Rights of Persons Utilizing Psychiatric, Neurological and Psychosocial Health Services, Appropriating Funds Thereof, and for other Purposes.

SEC. 49. *Effectivity.* – This Act shall take effect fifteen (15) days after its publication in the *Official Gazette* or in at least two (2) newspapers of general circulation.

Approved.

  
PANTALEON D. ALVAREZ  
*Speaker of the House of Representatives*

  
AQUILINO "KOKO" PIMENTEL III  
*President of the Senate*

This Act which is a consolidation of Senate Bill No. 1354 and House Bill No. 6452 was finally passed by the Senate and the House of Representatives on February 12, 2018.

  
CESAR STRAIT PAREJA  
*Secretary General House of Representatives*

  
LUTGARDO B. BARBO  
*Secretary of the Senate*

Approved: JUN 20 2018

  
RODRIGO ROA DUTERTE  
*President of the Philippines*



Department of Health, Philippines



# Objectives of the Mental Health Act



Strengthen effective leadership and governance for mental health



Develop and establish a comprehensive, integrated, effective, and efficient national mental health care system



Protect the rights and freedoms of persons with psychiatric, neurologic, and psychosocial health needs



Strengthen information systems, evidence and research for mental health



Integrate mental health care in the basic health services



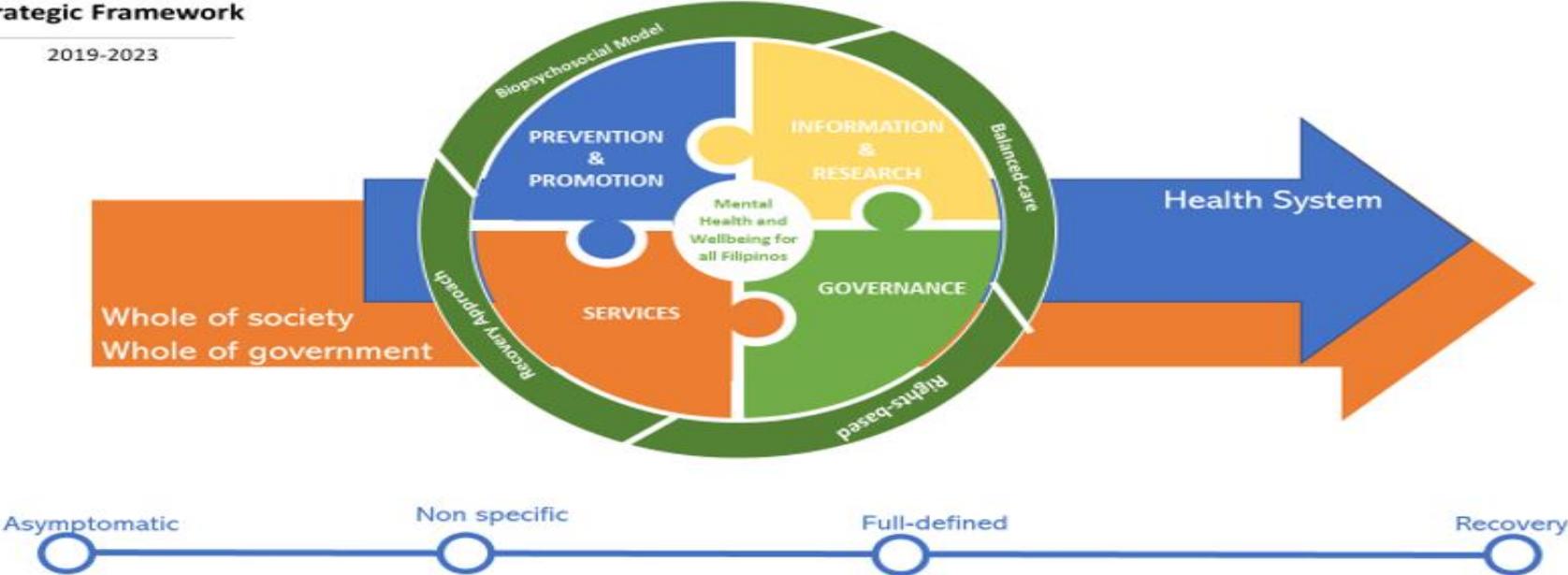
Integrate strategies promoting mental health in educational institutions, the workplace, and in communities.



# Building Resilience in Mental Health System

## National Mental Health Strategic Framework

2019-2023



Department of Health, Philippines



# ACCOMPLISHMENT AND STRATEGIES based on RA 11036



Training primary health care providers on **Mental Health Gap Action Programme (mhGAP)** (1464 RHUs trained on mhGAP, 2,548 trained personnel) [SEC. 27]



**e-learning modules (TAG, Quality Rights, MHPSS and mhGAP) in DOH Academy** [Sec. 30]



**Medicines Access Program**

(362 Access Sites/24 molecules of medicines procured, can provide for 25% of requested needs. [SEC. 27]



**Community-based Mental Health Program (pilot implementation ongoing)** [SEC. 15, 16]



**AO on the Licensing of Mental Health Facilities** ongoing. [SEC. 16]

**Helplines available in 8 regions**  
**MPHSS provided during emergencies**



**Philippine Council for Mental Health (PCMH) convened for 12 times meeting quarterly** [CHAPTER 8]



**Guidelines on Informed Consent, Advanced Directives, Legal Representatives and Supported Decision Making** being finalized [CHAPTER 3; Sec 30]



**Internal Review Boards** of MH Facilities, pilot testing in 8 mh facilities, guidelines for finalization. [SEC. 12]



Development of a **Suicide Registry** and a **National Suicide Prevention Strategy**, pilot testing ongoing.

Development of **mental health promotion playbook**, pilot testing ongoing [SEC. 22]

**Mental Health among health workers behaviour change program**, 5 hospitals completed, Ph 2 ongoing

Healthy Pilipinas Meditation Videos online, month-long [SEC. 22]

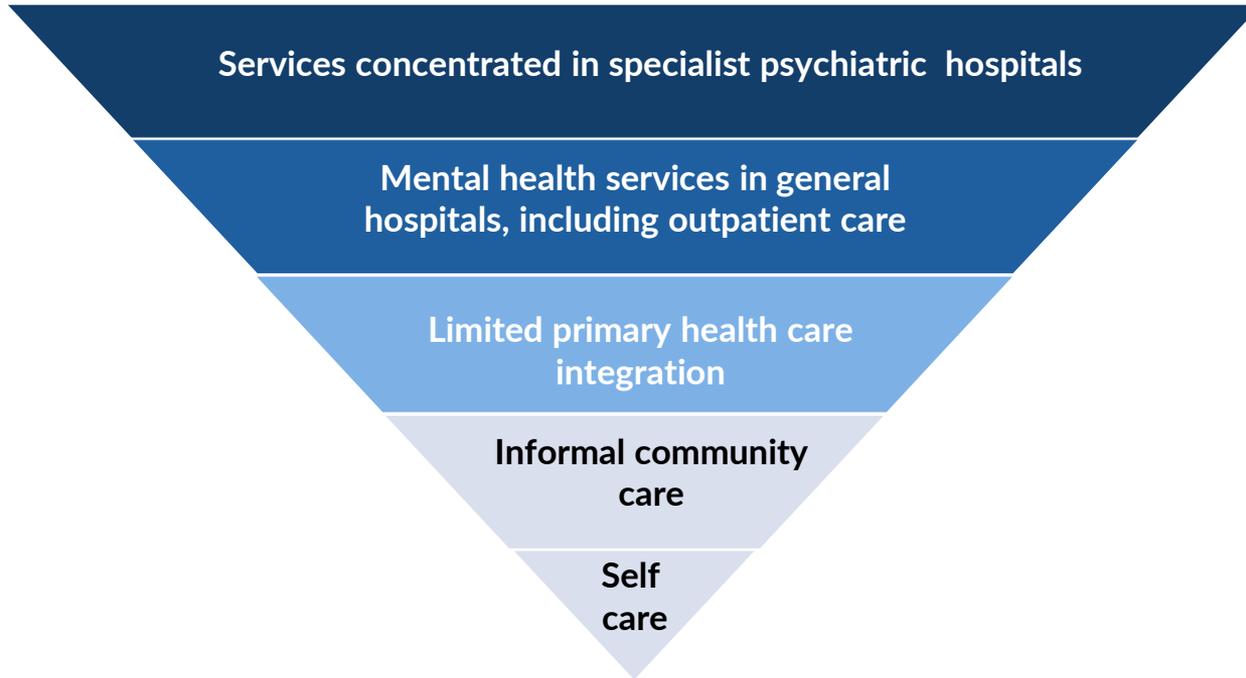
DOH Mental Health Division created [SEC. 42]



Department of Health, Philippines



# Current Philippine Situation on Mental Health Services



# WAYS FORWARD: Opportunity to address long standing gaps and build preparedness

**Shift in focus from specialized services to integration into general health and community settings.**

Address longstanding, existing gaps in service mix, coverage and quality

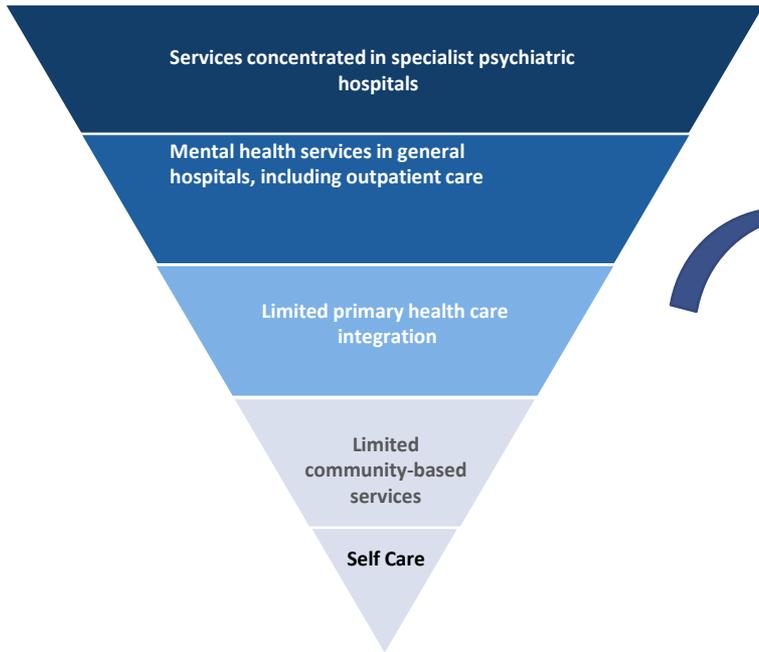
Build preparedness and strengthen system capacity in context of 'new normal'

**Stronger mental health system for the future**

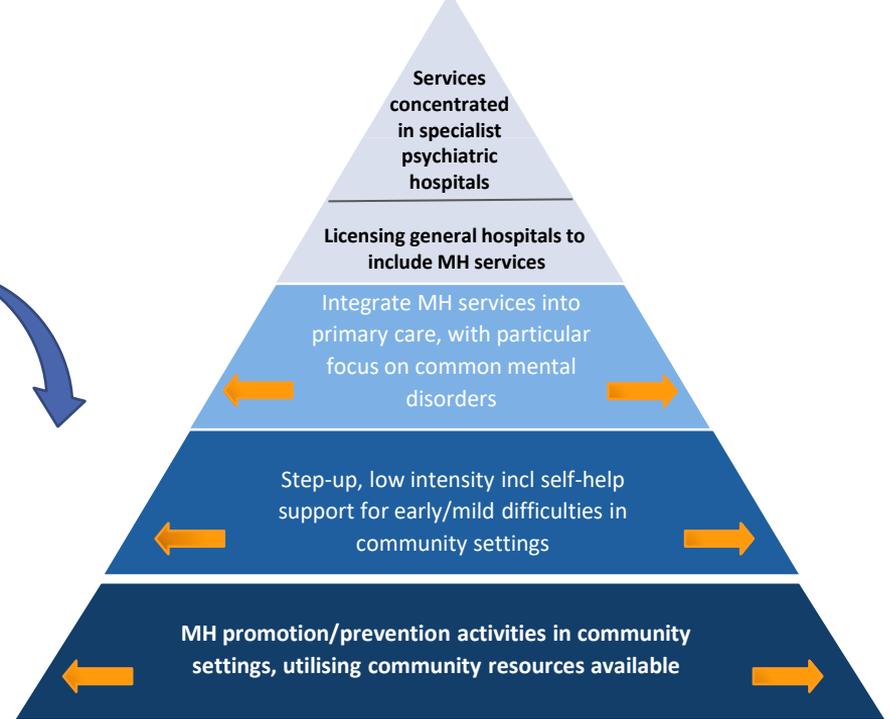


# WAYS FORWARD: Opportunity to shift service mix

## CURRENT REALITY



## DESIRED REALITY



Department of Health, Philippines



*Maraming salamat po!*