



Republic of the Philippines
Department of Education
 Region VI - Western Visayas
SCHOOLS DIVISION OF SAGAY CITY

OCT 2 8 2024

DIVISION MEMORANDUM

No. 697, s. 2024

MENTAL HEALTH SUPPORT/HELPLINES FOR DEPED PERSONNEL

To: Assistant Schools Division Superintendent
 Chief Education Supervisors – CID & SGOD
 Public Schools District Supervisors
 Public Elementary and Secondary School Heads
 All Others Concerned

1. This office disseminates **DM-OUHROD-2024-2050**, titled, "**MENTAL HEALTH SUPPORT/HELPLINES FOR DEPED PERSONNEL**", which aims to provide free and immediate mental health support to all employees, particularly those facing difficult times or dealing with personal or work-related challenges.
2. Relative to this, the Schools Division Office and individual schools are encouraged to prominently display helplines in strategic workplaces and/or provide each employee their own copy. Refer to the directory that is attached in the memorandum.
3. For questions and clarifications, please contact **Irish Theresa E. Ubamos, RN**, *Division School Mental Health Coordinator* at Tel. No.: **09603681938**.
4. Immediate dissemination of this Memorandum is desired.

MARSETTE D. SABBALUCA, CESO VI
 Schools Division Superintendent



Enclosure : As stated
 Reference : DM-OUHROD-2024-2050
 Allotment : N/A
 No. of Pages : 5
 To be indicate in the **Perpetual Index** under the following subjects:
MENTAL HEALTH HELPLINES DEPED PERSONNEL

FN: ITEU/SGOD





Department of Education
Regional Office VI
Luzan Street, Iloilo City

RECORDS SECTION
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Department of Education
OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

MEMORANDUM
DM-OUHROD-2024- 2050

FOR : Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary Schools
All Others Concerned

FROM : **WILFREDO E. CABRAL**
Regional Director
Officer-in-Charge, Office of the Undersecretary for
Human Resource and Organizational Development and
School and Infrastructure Facilities


DR. DEXTER A. GALBAN
Assistant Secretary for Operations

SUBJECT : **MENTAL HEALTH SUPPORT/HELPLINES FOR DEPED PERSONNEL**

DATE : October 07, 2024

In 2020, the World Health Organization (WHO) reported an increase in depression and anxiety¹. Despite the increasing prevalence of mental health conditions, many people lack access to essential services especially in countries with low or middle-income levels, where mental health care is often limited or unavailable.

The 2022 Annual Report of the Department of Health (DOH) have indicated that the prevalence of depression and anxiety disorders in the Philippines is comparable to global rates². Substance abuse, particularly alcohol and drug use, is a significant public health issue in the Philippines. Many Filipinos lack access to adequate mental health services, especially in rural areas. Additionally, negative attitude and stigma surrounding mental health prevents people from seeking help.

¹World Health Organization (2020). Global Health Estimates. Retrieved from <https://www.who.int/data/global-health-estimates>
²Department of Health (2023). Department of Health Annual Report 2022. Manila, Philippines: Department of Health



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Further, the Mental Health Act of the Philippines (R.A. 11036) and the Civil Service Commission (CSC) Memorandum Circular No. 4, s. 2020 mandates government agencies to promote awareness, develop programs and policies, and provide support to individuals with mental health concerns.

Recognizing the urgent need for targeted mental health interventions, the Department of Education (DepEd) remains steadfast in ensuring the well-being of its teaching and non-teaching personnel. The department is taking proactive steps to address the mental health needs of its workforce.

In line with this, the Bureau of Human Resource and Organizational Development (BHROD) through the Employee Welfare Division (EWD), informs all DepEd personnel of the updated directory of **Mental Health Support/ Helplines for DepEd Personnel** that provides free and immediate mental health support to individuals going through tough times and/or experiencing any personal or work-related challenges.

The following agencies and/or organizations are some of DOH accredited in providing nationwide mental health services and interventions through their helplines and other communication platforms:

National Center for Mental Health (NCMH)	24/7 Mental Health Crisis Hotline	Landline: 1553 (<i>Nationwide landline toll-free</i>) 1800 - 1888 - 1553 (<i>For Smart/TNT Subscribers</i>) Mobile: 0919 - 057 - 1553 (<i>For Smart/TNT</i>) 0917 - 899 - 8727 0966 - 351 - 4518 (<i>For Globe/TM</i>)
Natasha Goulborn Foundation (NGF) Hopeline	24/7 toll free Suicide and Emotional Crisis Line	Landline: (02) 8804 - 4673 Mobile: 0917 - 558 - 4673 0918 - 873 - 4673
In-Touch Community Service Crisis Hotline	24/7 Crisis Line	Landline: (02) 8893 - 7603 Mobile: 0919 - 056 - 0709 0917 - 800 - 1123 0922 - 893 - 8944
Taguig Mental Health Support Services	24/7 Mental Health Support Services	Mobile: 0929 - 521 - 8373 (<i>6:00 am - 6:00 pm</i>) 0967 - 039 - 3456



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Tawag Paglaum – Centro Bisaya	24/7 Crisis Intervention and Suicide Helpline	(6:00 pm – 6:00 am) Mobile: 0939 – 936 – 5433 0939 – 937 – 5433 <i>(Smart/Sun/TNT)</i> 0966 – 467 – 9626 <i>(Globe/TM)</i>
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Please be guided that these helplines are for immediate mental health support for those going through tough times. It is **NOT** a replacement for consultation and therapy with a Psychologist and Psychiatrist. For outpatient mental health consultations and other Mental Health and Psychosocial Support (MHPSS) Services, kindly refer to the following institutions:

Philippine General Hospital (PGH)	Free in-person Psychiatric Consultation and Counseling Services (500 patients per day)	To secure an appointment, kindly fill out the Online Consultation Request and Appointment (OCRA) System: https://pghopd.up.edu.ph
National Center for Mental Health (NCMH)	Outpatient mental health services	Face-to-face Consultation: https://bit.ly/ncmhopschedule Online Consultation: https://bit.ly/ncmbkonsulta
Ateneo Bulatao Center for Psychological Services	Free online Brief Psychological Service (BPS) (maximum of 2 sessions per individual)	Registration Link: https://go.ateneo.net/BSPEntryForm

In addition to these helplines, the following resources can also be accessed:

Lusog – Isip Online Website	Self-help website on mental health and wellness that is culturally adapted for Filipinos	To access the website, kindly visit: https://selfhelp.cbdr.org.ph
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DOH Psychosocial Helpline Directory	Mental Health Directory of different regions and provinces	https://bit.ly/DOHhelpline2022
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To ensure easy access to these vital helplines, we strongly encourage all offices to prominently display them in strategic workplace locations and/or distribute individual copies to every employee.

The Department is deeply committed to the well-being of its personnel and cultivating a supportive work environment. It believes that empowered and cared-for workforce are essential to achieving the goals and mandate of the department. To this end, the Department will continue to develop and implement various employee welfare initiatives, laying a strong foundation for delivering high-quality basic education.

For any concerns and/or clarifications, you may contact the BHRD – EWD through bhrod.ewd@deped.gov.ph or landline: (02) 8633 – 7229.

For your information and guidance.

Copy furnished:
OFFICE OF THE SECRETARY

[BHRD-EWD/KZMIsolas]



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