

Republika ng Pilipinas



## Department of Education

OFFICE OF THE UNDERSECRETARY

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

RECEIVED

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 anxiety. 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 rates<sup>2</sup>. 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.

	October 21, 2024
MEMORANDUM Date: 10/31/14 Released (Records):	meatout open mula PFICE UZ
To: ( PSDS/DICs ( Elem/Sec School Heads	For your information, reference and appropriate action.
( ) Private Schools ( ) Others:	DATE: 10-78-7924
For: ( Tinformation ( Tissemination ( ) Strict Compliance	DATE: 17 / FE SEASTION DARROSS PAR CESO III
Office of the Schools Division Superintendent	7206. (+632) 86318494. (+632) Director IV/Regional Director  Director IV/Regional Director
By: ASDS CID Chief SGOD Chief AO Atty	/

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	24/7 Mental Health	Landline:
Mental Health (NCMH)	Crisis Hotline	1553 (Nationwide
		landline toll-free)
		turitutive tott j/ coj
		1800 - 1888 - 1553 (For
		Smart/TNT Subscribers)
		Mobile:
		0919 - 057 - 1553
		(For Smart/TNT)
		0917 - 899 - 8727
		0966 - 351 - 4518
		(For Globe/TM)
Natasha Goulborn	24/7 toll free Suicide and	Landline:
Foundation (NGF)	Emotional Crisis Line	(02) 8804 – 4673
Hopeline		AND THE RESERVE OF THE PARTY OF
		Mobile:
		0917 - 558 - 4673
		0918 - 873 - 4673
In-Touch Community	24/7 Crisis Line	Landline:
Service Crisis Hotline		(02) 8893 – 7603
		Mobile:
		0919 - 056 - 0709
		0917 - 800 - 1123
		0922 - 893 - 8944
Taguig Mental Health	24/7 Mental Health	Mobile:
Support Services	Support Services	0929 - 521 - 8373
		(6:00 am - 6:00 pm)
		0067 020 2456
		0967 – 039 – 3456









		(6:00 pm - 6:00 am)
Tawag Paglaum – Centro Bisaya	24/7 Crisis Intervention and Suicide Helpline	Mobile: 0939 - 936 - 5433 0939 - 937 - 5433 (Smart/Sun/TNT)
	·	0966 - 467 - 9626 (Globe/TM)

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:

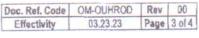
Philippine General Hospital (PGH)	Free in-person Psychiatric Consultation and Counseling Services (500 patients per day)	To secure an appointment, kindly fill out the Online Consultation Request and Appointment (OCRA) System:  https://pghopd.up.edu.ph
National Center for Mental Health (NCMH)	Outpatient mental health services	Face-to-face Consultation: <a href="https://bit.ly/ncmhopseschedule">https://bit.ly/ncmhopseschedule</a> Online Consultation: <a href="https://bit.ly/ncmhkonsulta">https://bit.ly/ncmhkonsulta</a>
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

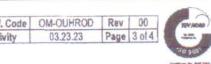
In addition to these helplines, the following resources can also be accessed:

Lusog - Isip	Self-help	To access the website, kindly visit:
Online Website	website on mental health and wellness that is culturally adapted for Filipinos	https://selfhelp.cbdr.org.ph









DOH	Mental Health	https://bit.ly/DOHhelpline2022	
Psychosocial	Directory of	Action of the second se	
Helpline	different		1
Directory	regions and		
	provinces		- 1

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 BHROD – EWD through <a href="mailto:bhrod.ewd@deped.gov.ph">bhrod.ewd@deped.gov.ph</a> or landline: (02) 8633 – 7229.

For your information and guidance.

Copy furnished:
OFFICE OF THE SECRETARY

[BHROD-EWD/KZMisolas]





