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Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF PANABO CITY

Office of the Schools Division Superintendent

October 29, 2024

DIVISION MEMORANDUM

No. 0221 s. 2024

MENTAL HEALTH SUPPORT/HELPLINES FOR DEPED PERSONNEL

To : Assistant Schools Division Superintendent
Chief of the Schools Governance and Operations Division
Chief of the Curriculum and Implementation Division
All Public Elementary and Secondary School Principal / School Heads
All Education Program Supervisor
All Public School District Supervisor
All Concerned

1. Attached is Regional Memorandum No. ESSD-2024-473 dated October 17, 2024, and the memorandum from the Office of the Undersecretary for Human Resource and Organizational Development dated October 07, 2024, re: **MENTAL HEALTH SUPPORT/HELPLINES FOR DEPED PERSONNEL**, which is self-explanatory.
2. This office, through the School Mental Health Program, aims to ensure easy access to the essential mental health helplines. The vital helplines are attached for reference.
3. Further, all schools are directed to provide a printed copy of the attached helpline directories and should be prominently displayed in a strategic workplace locations. An eCopy of the directory can be downloaded at our SMHP google drive: <https://tinyurl.com/sdosmhpresources> or you may contact, **John Carlo L. Ceniza, RN MAN, SMHP Division Coordinator** for queries.
4. For your guidance and compliance.

JINKY B. FIRMAN, PhD, CESO VI
Schools Division Superintendent

Enclosed.: As stated.
SGOD/ABA/jcc

RELEASED

For the SDS
AILENE B. AÑONUEVO, Ph.D.
Chief Education Supervisor, SGOD
Incharge of the Division

NOV 06 2024



Schools Division Office of Panabo City
City Hall Compound, Km 31, Panabo City
Telephone No: (084) 823-1469
Email: panabocity.division@deped.gov.ph

RECEIVED
BY: [Signature]
Empowering Champions in Education
Through Journeying, Blending and Fostering commitment in providing quality education, MATATAG for all.



Mental Health Helplines

| | | |
|--|---|--|
| Local: City Health Office of Panabo City City Health Office Mental Health Hopeline | Psychosocial Support Services | Mobile: 0948 128 2626 |
| Local: Schools Division Office SDO-Panabo City Mental Health Helpline | 24/7 Mental health Crisis Helpline and MH Awareness Facebook Page | Facebook page: SDO-Panabo City Mental Health and Psychosocial Support |
| Schools Division Office: SDO Mental Health Check In | 24/7 Mental Health Check In and Psychosocial Services | Google Form: https://tinyurl.com/sdopcmhcheckin |
| National Care for Mental Health (NHCMH) | 24/7 Mental Health Crisis Hotline | Landline: 1553 (Nationwide landline toll-free) 1800 - 1888 - 1553 Smart/TNT Subscribers) Mobile: 0919-057-1553 (For Smart/TNT) 0917-899-8727 0966-351-4518 (For Globe/TM) |
| 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 (6:00 am - 6:00 pm) 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: |
| National Center for Mental Health (NCMH) | Outpatient mental health services | Face-to-face Consultation: https://bit.ly/ncmhopeschedule Online Consultation: https://bit.ly/ncmhkonsulta |
| Ateneo Bulatao Center for Psychological Services | Free online Brief Psychological Services (BPS) (Maximum of 2 sessions per Individual) | Registration link: https://go.ateneo.net/BSPEntryForm |
| Mental Health Resources: | | |
| 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 |
| DOH Psychosocial Helpline Directory | Mental Health Directory of different Regions and Cities | https://bit.ly/DOHhelpline2022 |

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Republic of the Philippines
Department of Education
DAVAO REGION

October 17, 2024

REGIONAL MEMORANDUM
ESSD-2024-473

MENTAL HEALTH SUPPORT/HELPLINES FOR DEPED PERSONNEL

To: Schools Division Superintendents

1. Attached is a memorandum from the Office of the Undersecretary for Human Resource and Organizational Development dated **October 07, 2024**, which is explanatory.
2. This Office, through the Education Support Service Division, aims to ensure easy access to the essential mental health helplines. The vital helplines are attached for reference.
3. For any concerns and/or clarifications, you may contact the BHROD – EWD through bhrod.ew@deped.gov.ph or hotline: (02) 86-33-7229.

ALLAN G. FARNAZO

Director IV

By the Authority of the Regional Director

REBONFAMIL R. BAGUIO

Director III

OCT 2024

ROE/cjsm

DEPARTMENT OF EDUCATION ROX
RECORDS SECTION
RELEASED

Time: Oct. 22, 2024
40005



Address: F. Torres St., Davao City (8000)
Telephone Nos.: (082) 291-1665; (082) 221-6147
Email Address: region11@deped.gov.ph
Website: www.depedroxi.ph





Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY

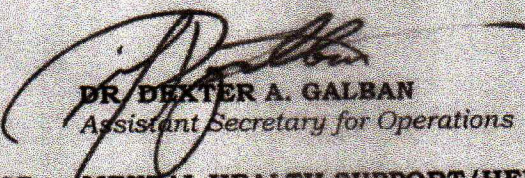
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

MEMORANDUM

DM-OUHROD-2024- 2090

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

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 |

| | | |
|--|--|--|
| | | (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: https://bit.ly/ncmhopschedule Online Consultation: https://bit.ly/ncmhkonsulta |
| 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 |
|--|---|---|

| | | |
|--|---|---|
| DOH Psychosocial Helpline Directory | Mental Health Directory of different regions and provinces | https://bit.ly/DOHhelpline2022 |
|--|---|---|

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 bhrod.ewd@deped.gov.ph or landline: (02) 8633 – 7229.

For your information and guidance.

Copy furnished:
OFFICE OF THE SECRETARY

[BHROD-EWD/KZMisolos]



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