



Republic of the Philippines
Department of Education
REGION XI

SCHOOLS DIVISION OF DAVAO DE ORO



Office of the Schools Division
Superintendent

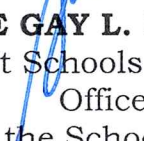
October 25, 2024

Division Memorandum
No. 1008, s. 2024

To : Public Schools District Supervisors
District Coordinating Principals
Other Concerned Personnel

MENTAL HEALTH SUPPORT/HELPLINES FOR DEPED PERSONNEL

1. Attached is the Regional Memorandum ESSD-2024-473 dated October 17, 2024 from Allan G. Farnazo, Director IV of Department of Education-Regional Office XI informing all DepEd personnel of the updated directory of **Mental Health Support/ Helplines for DepEd personnel.**
2. Other details are contained in the enclosures.
3. Immediate dissemination of this memorandum is desired.


PHOEBE GAY L. REFAMONTE, CESO VI
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent



Address: Capitol Complex, Brgy. Cabidanan, Nabunturan, Davao de Oro
Contact No. 0951-387-1728 (TNT); 0915-399-7779 (Globe)
Email Address: davaodeoro@deped.gov.ph
Website: www.depeddavaodeoro.ph

Doc. Ref. Code	PAWIM-F-019	Rev	00
Effectivity	09.12.22	Page	1 of 1

Ready

40025



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 BHRD – EWD through bhrd.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, 17 OCT 2024

ROE/csm

DEPARTMENT OF EDUCATION ROX
RECORDS SECTION
RELEASED

OCT 22 2024
4:00 PM



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-2024-1050

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

40005
 10-11-24
 10:17

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.



Room 102, Rizal Building, DepEd Complex, Alabang Ave., Pasig City 1600
 Telephone Nos.: (+632) 86337205, (+632) 89318494, (+632) 86366549
 Email Address: usechrod@deped.gov.ph | Website: www.deped.gov.ph

Doc. Ref. Code	DM-OUHROD	Rev.	00
Effectivity	03.23.23	Page	1 of 4



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 (Nationwide landline toll-free) 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 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

Tawag Paglaum – Centro Bisaya	24/7 Crisis Intervention and Suicide Helpline	(6:00 pm – 6:00 am) 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/ESPEntryForm

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 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/KZM/solas]



Room 102, Rizal Building, DepEd Complex, Meralco Ave., Pasig City 1500
 Telephone Nos.: (+632) 86337205, (+632) 86318494, (+632) 86365549
 Email Address: usec.bhrod@deped.gov.ph | Website: www.deped.gov.ph

Doc. Ref. Code	DM-DHROD	Rev.	00
Effectivity	03/23/23	Page	4 of 4



Department of Education
2023