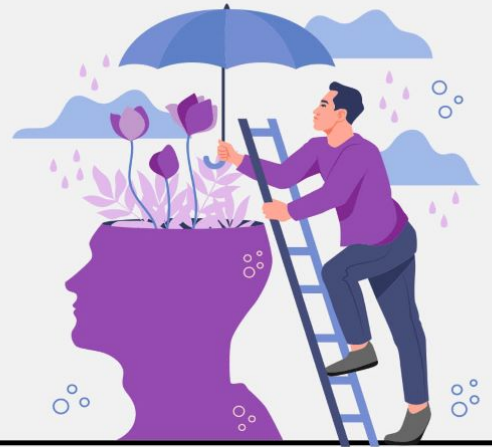


WORLD MENTAL HEALTH WEEK BULLETIN 2025

World Mental Health Week is celebrated every 2nd week of October. This year's global theme is Access to Services – Mental Health in Catastrophes and Emergencies, which emphasizes the importance of mental health support during emergencies—from natural disasters to armed conflicts. The Philippine Mental Health Act (RA 11036) complements this by mandating accessible, culturally-appropriate, and rights-based mental health care for all Filipinos



THE COLLECTIVE RESPONSE TO MENTAL HEALTH

FOR INDIVIDUALS



- 01 **Know Your Rights:** Under RA 11036, mental health is a basic human right. You are entitled to care, even during emergencies.
- 02 **Seek Help Early:** Use tools like the Lusog-Isip app or contact DOH-accredited facilities.
- 03 **Practice Self-Care:** Engage in mindfulness, journaling, and physical activity to manage stress.
- 04 **Build Resilience:** Learn coping strategies for trauma, grief, and uncertainty.
- 05 **Speak Up:** Share your experiences to reduce stigma and encourage others to seek help.

FOR COMMUNITIES

- 01 **Promote Mental Health Literacy:** Distribute information through materials in local languages and host barangay-level forums.
- 02 **Establish Support Networks:** Train community leaders in psychological first aid and peer support.
- 03 **Integrate Mental Health in Disaster Plans:** Include psychosocial support in LGU emergency response protocols.
- 04 **Partner with Schools and Faith Groups:** Engage youth and families in mental health education.
- 05 **Celebrate Mental Health Week:** Organize inclusive activities like art exhibits, storytelling, and solidarity walks.



FOR WORKERS & EMPLOYEES



- 01 **Implement Workplace Mental Health Policies:** Include mental health in OSH programs and CBAs.
- 02 **Ensure Access During Crises:** Provide tele-mental health services, flexible work arrangements.
- 03 **Train Managers and HR:** Equip leaders to recognize signs of distress and respond with empathy.
- 04 **Create Safe Spaces:** Designate quiet zones and confidential channels for support.
- 05 **Lead by Example:** Normalize mental health conversations and model healthy boundaries.

References:

www.who.int • www.depeddasma.edu.ph • happeningnext.com
wkc.who.int • tal-health-workplace-policy/