

A MOMENT FOR MYSELF:

TAKING GOOD CARE OF MY

Mind & Body



Reviewed by:



IN TOUCH
COMMUNITY SERVICES

— SINCE 1980 —

Well-being matters

IN TOUCH COMMUNITY SERVICES, INC.





Kumusta ka?

How are you feeling today? Take a moment and notice what you are feeling.

Whatever you're feeling at the moment – it matters.

If you feel happy, sad, angry or worried about anything today, *that's okay*.

You can feel whatever you need to feel right now.

You don't have to feel guilty for feeling happy even when you have problems.

It can be possible to feel down even when everything seems well.

As a teen, you are experiencing a lot of physical, cognitive, social, and emotional changes. These may be challenging for you and so has the pandemic.

The COVID pandemic has changed your teenage life. It's normal to feel sad, angry or anxious. Many teens are feeling that way, too.

Mental health professionals say that it's natural to feel disappointed for missing some of the biggest moments of your teenage life.

It's okay not to be okay!

You are not alone. Remember that you can always ask for help, especially when feelings of sadness, anxiety, and anger go on for more than two weeks.

Today, take time to learn more about mental health and some things you can do to keep your mind healthy.

**It's time to pause, breathe, and
take a moment for yourself.**



Table of Contents

1

Understanding Mental Health

11

Mental Health Self Care Practices

27

How Do We Talk About Mental Health?

33

Mental Health Resources





Understanding Mental Health

What is Mental Health?

There is no health without mental health. Good mental health means being able to think, feel, and react in positive ways so you can live your life the way you want to. Like our bodies, we need to take care of our minds.

Mental health is a state of mental, emotional, and social well-being.

It affects how you:

- *think, feel, and act*
- *handle stress*
- *relate to others and make choices*

Reflect on what's been going on in your mind in the past two weeks. What's going on in your mind has a big effect on you and how you cope every day. When you look after your mental health, you can be more productive and enjoy life more!

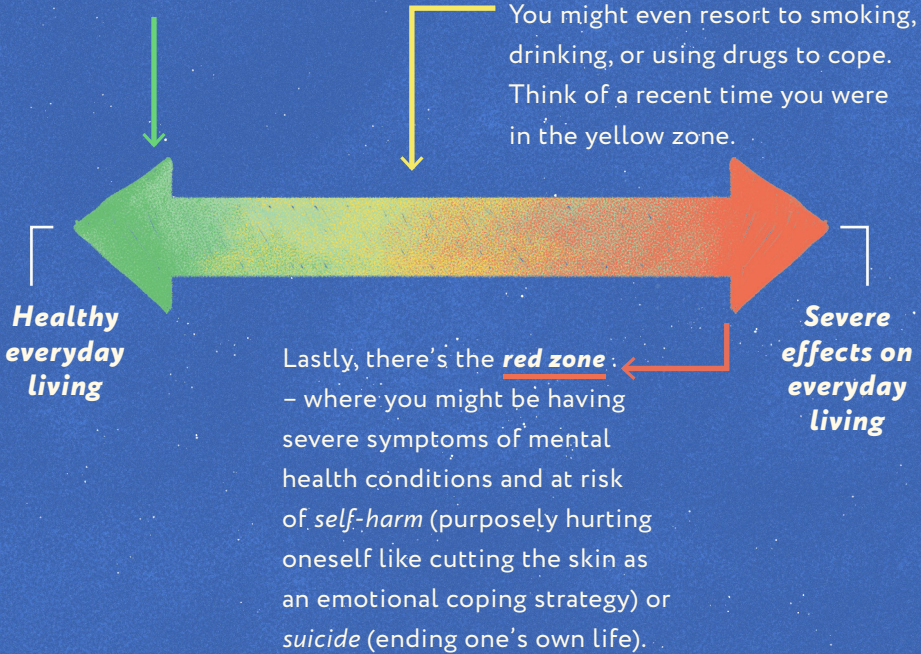
It's also possible to experience mental health conditions. However, mental health is not merely the absence of a mental health condition or *disability* (a mental health condition that affects your normal day-to-day activity for a long time, like 12 months).



Mental health falls on a continuum. In your life, you may move back and forth depending on different situations.

At the **green zone**, you are in your best or better mental state and realizing your full potential. This is healthy functioning. When were you recently in the green zone?

However, there are situations that could push you in the **yellow zone** – a state where you're still functioning but might be experiencing difficulties or just getting by in your comfort zone. You might even resort to smoking, drinking, or using drugs to cope. Think of a recent time you were in the yellow zone.



Contrary to popular belief, you may also seek professional help even when you're in the yellow or green zone. For example, you can see a therapist to raise your self-awareness or have a better perspective on certain life situations.

In whatever place you are, a positive and supportive environment is necessary. You can contribute to creating a better place for you and others' well-being.

Understanding Your Emotions

How are you feeling right now? Do you ever wonder why there are times you feel happy for a while, then sad a little later?

Understanding your emotions is one way to take care of your mental health. It can help you think clearly and make the right decisions. Here are a few things about emotions:



Emotions come and go

Emotions may change throughout the day. Some emotions don't last long while others become your mood. A *mood* is low intensity emotional state that may last within a few hours to several weeks.



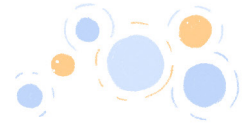
You don't choose emotions

Emotions happen to you. You experience emotions. It's best to feel them, understand them, and listen to them.



You can choose how to act on your emotions

There are no good or bad emotions but there are socially appropriate and inappropriate ways to express and respond to them.



Emotions can be felt at different intensities and frequencies

How big and often an emotion is depends on the situation and the person's background and experience.

We usually turn toward some emotions like being happy, grateful, and inspired. We may turn away from some emotions like being sad, angry, or worried. All of these groups of emotions are normal and matter. There's no need to judge yourself for feeling these.



Emotional awareness can help you understand yourself better. It means recognizing and accepting your feelings. Emotions tell us what we need in a specific situation. When you understand your emotions, you can respond to them better.



Emotional management, on the other hand, can help you react well to a certain situation. It is choosing how and when to express the emotions you feel, instead of letting it make you say or do things that you might regret later.

Your Body and Your Mind

Taking care of your mind also means taking care of your body. How you take care of your body can affect how your mind works. A decline in your physical health can also lead to mental health challenges.

Here are a few things that can affect your mental well-being:



Exercise

Endorphins, a chemical that makes you feel good, are released when you exercise.



Nutrition

Your brain is like a jeepney that needs fuel to run properly. Nutrients from healthy food help it function well.



Sleep

You can think, focus, and perform better when you are well-rested or getting enough sleep (8-10 hours every night).



Personal Hygiene

Being clean and fresh can help you relax and improve your mood.

Being in a good mental state can also motivate you to take care of your body. Good physical health can positively affect your mental health.

Mental Health Conditions

Like our bodies, our minds may also not function as well as it usually does. When this happens, you may find yourself worrying too much, not being able to think clearly, becoming angry easily or feeling sad all the time.

Having a mental health condition is more common than you actually think. According to the Department of Health (DOH), there are at least 3.6 million Filipinos who are facing mental health issues during the pandemic.



Having a mental health condition doesn't mean you are 'crazy.' It's not a sign of weakness either. Having a mental health condition needs attention and care just like when you have a physical condition.

If you experience mental health symptoms, it's okay to ask for help!

Help is available.
Go to page 33
for the list of
mental health
resources for you.



Common Mental Health Problems Among Teens

People of all ages, races and genders have mental health problems. Many teens around the world experience them.

During your adolescent years, you experience many physical, cognitive, social and emotional changes and some of these may be challenging for you to deal with. There are situations that can push you from the 'green' to the 'yellow' and 'red' zones of the continuum (see page 3), or vice versa.

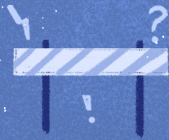


Factors That Affect Teens' Mental Health (WHO, 2021)



Peer pressure

feeling the need to do what other teens are doing



Challenging situations

difficult events that happen in a teen's life such as problems in school, family, or with friends



Exploration of identity

developing a sense of who you are



Gender norms

society's perception of gender types and based on this, how people of different genders should act



Violence

physical, sexual and verbal harm, neglect, and abuse



Socioeconomic status

difficulty meeting basic needs like nutrition and proper shelter



Media influence

beliefs or actions teens learn from TV, radio, or social media



Relationships

the way teens connect and interact with their family and friends

According to WHO (2021), depression, anxiety, and behavioral disorders are among the leading causes of mental health conditions and disability among adolescents. Aside from these, there are other mental health conditions that teens experience and all needs care and attention.

Depression

Depression is a lasting feeling of sadness (most days for at least two weeks) and loss of interest in the things you enjoy. It can interfere with your daily activities like in your studies, work, or relationships.

COMMON SYMPTOMS:

Cognitive

- Loss of interest and pleasure in activities you used to enjoy
- Impaired memory – misplacing things, missing schedules, and/or often feeling confused
- Difficulty in making decisions
- Poor time management

Social and Emotional

- Feeling sad, anxious, or an “empty” mood
- Feeling worthless, helpless, and/or hopeless
- Frequent self-criticism
- Increased restlessness and/or irritability
- Frequent thoughts of death or suicide, wishing to die, or attempting suicide (Note: If you experience this, you need to seek professional help right away!)

Behavioral

- Withdrawal from others
- Neglect of responsibilities
- Slow movement
- Inability to settle down

Physical

- Changes in physical appearance
- Decreased energy or fatigue
- Changes in sleeping patterns
- Unexplained aches and pains



Anxiety Disorders

Anxiety makes you respond to situations with overwhelming fear. One of the most common anxiety disorders is Generalized Anxiety Disorder (GAD).

COMMON SYMPTOMS:

Cognitive

- Having difficulty concentrating; mind going blank

Social and Emotional

- Difficulty controlling feelings of worry
- Being irritable
- Feeling restless, wound-up, or on-edge

Behavioral

- Avoiding situations that bring anxiety

Physical


- Having sleep problems, such as difficulty falling or staying asleep, restlessness, or not feeling refreshed after unsatisfying waking up from sleep
- Being easily fatigued
- Having muscle tension



Behavioral Disorders

A behavioral disorder is characterized by persistent and repetitive actions that disrupt a person's normal functioning and cause distress to others. The symptoms vary depending on the specific behavioral disorder. Eating disorders, for example, are a group of illnesses that cause unhealthy eating habits.



An illustration of two hands, one from the left and one from the right, reaching towards each other. The hands are rendered in a light blue color with soft shading. The background is a light blue gradient, decorated with scattered confetti in shades of blue, yellow, and purple, and stylized leaves and flowers in blue and yellow. The overall mood is hopeful and supportive.

You don't have to wait for your symptoms to get worse before talking to a mental health professional about your concerns. The earlier you learn about your symptoms, the better you can manage them. This is called **early intervention**. A mental health professional can assess what kind of help will be best for you.

Find the list of our mental health services and crisis hotlines on page 35.

You may feel upset, scared or in denial for experiencing a mental health condition, especially at first. You may also feel relieved learning about your mental health condition. These feelings are normal and acceptable. Again, it's not a sign of weakness. Like any other health condition, they can be treated with the help of professionals and the changes you make in your life.



Self-Care Practices

Self-care practices

Self-care is taking the time to do things that will help you live well and boost your mental & physical health. People have mental health hygiene, just like physical hygiene.

If you practice self-care daily and regularly, you can help prevent or lessen the symptoms of a mental health condition. Self-care practices can help you cope with the challenges and improve your mental well-being.

Always remember to take a moment for yourself to practice self-care!

1 Dealing with Stress



Stress is a normal part of life and is not a bad thing. It can motivate you to get things done and make you cope better the next time you encounter the same situation.

Some days, though, you may feel that you have too much going on. Juggling school work and household chores, or sometimes a job can be stressful. For example, you look at your checklist and you see many tasks are not yet done. You may feel pressured to get them all done at once or turn to unhealthy ways of coping like smoking, drinking or using drugs.

When you feel your stress level rising, take a moment to pause and breathe.

Some exercises can help you keep calm, regain your control, and think clearly. Let's take a look!

Box breathing



Hold your breath for 4 seconds and gently let go

Slowly inhale at the count of 4



Hold your breath gently in the next 4 seconds

Breathe out slowly at the count of 4

You may repeat as you like and notice how you feel calmer.

A breathing exercise helps clear the mind, improve blood flow, and reduce stress.

Awareness of Drinking Exercise (Unhooking Activity)

1 Get a glass of water, or a cup of tea or chocolate.

2 Focus your full attention on the drink. Notice its color.

3 Savor the smell of it.

4 Sip it slowly. Let it sit on your tongue and savor the taste.



5 Notice how it moves down your throat.

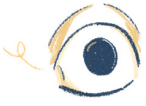
6 Drink again in the same way: sipping slowly, noticing, and savoring.

7 Whenever you get hooked by thoughts and feelings, focus again on the drink.

In stressful situations, difficult thoughts and feelings can hook you. *Being hooked* means becoming disengaged or distracted by a certain in an unhealthy way. You may become disengaged or distracted. Applying this 'unhooking' activity can help you regain focus.

5-4-3-2-1 Grounding Exercise

You can stay where you are or sit somewhere you are comfortable. Look around you and notice.



5 things you can see. The sky, your hand, a tree, a rock or people.



4 things that you can touch. A paper, the ground, your water bottle or your clothes.



3 things that you can hear. The chirping of birds, the humming of electric fan, or the sound of vehicles.



2 things that you can smell. Your shirt or the air.



1 thing you can taste. The merienda you had.

Being grounded means being 'present at the moment.' This can calm you. It also helps you give your full attention to what you need to do, so you can do it well.

Small ways to alleviate stress



Break down your tasks into small, easy-to-do parts.



Take a short walk outside.



Turn off or limit phone notifications.



Have a good meal.



Take a power nap.



Listen to relaxing music.



Ask for help with your chores.



Celebrate small wins, like finishing a task.

Stress can affect your physical and mental health. When there's too much stress, you may experience shallow breathing, indigestion, and body pains. It can also make you irritable and aggressive. Starting with small steps will truly help.

If stress lasts for more than two weeks, seek professional help.

Check **page 33** to see the list of mental health helplines and services for you.

2 Coping with Anxiety

The pandemic has changed our lives in many ways. Some activities might go back to how they were before while others might be completely different. How did the pandemic affect you?

Not knowing how the pandemic will turn out or how it will end can make people anxious. Anxiety is a normal reaction when safety is on the line. It can be a reaction to stress or immediate threats. For example, some teens feel anxious when they are about to speak in class. One can also feel anxious about a future event or a bad thing they think will happen.

You may be feeling the same way, too. That's completely okay. It is normal to experience anxiety during these trying times. You did well showing up today!

While you are doing your best (we know you are!) in every way possible, you can do these steps to overcome your fears and uncertainties.



Worry Time



Pick a time when you are allowed to worry. You can set it for 15-30 mins. *Here's a tip:* Don't do it when you want to rest or sleep!



Postpone your worries and only use that 'worry time' to think about them. You can write down your worries and go back to them later.



Before you end your worry time, you can list down actions you can take to change the things you're worried about.



End your worry time with an activity that can help you relax.

If you can't do something right now to control your worries, you can ask yourself if it's worth your time or if you can let go of that thought in the meantime. You can return to what is making you worried when you have more resources.

Catch it, Challenge it, Change it!



Catch the irrational thought.

Pause for a moment and recognize that what you are experiencing is difficult.



Challenge it!

Ask yourself for some proof that supports the irrational thought.

Ask yourself:

"Is this thought helpful or harmful to me?"

"Are my thoughts based on facts or not?"



Change it!

If the thought isn't helpful or not based on facts, replace it with a positive and rational thought.

For example, you can change

"I'm very much behind." → "I've come this far."

Know that you can master each step of this strategy one at a time.

Reframing means shifting your mindset so you can look at things and events from a different perspective. It can help you reduce the frequency of your anxiety.

However, if anxiety affects your everyday activities and persists for more than two weeks, you need to seek professional help.

Turn to **page 33** to see the list of mental health crisis lines and services for you.

3 Navigating Grief and Loss

As teens, there are a lot of things you look forward to experiencing. It could be your graduation, a school performance, a friend's birthday party, among others. The pandemic may have caused you to miss those activities or experience those important moments and milestones differently than you planned. You are not alone. Other teens experienced similar events.

Aside from celebrations and events, some of you might have lost a friend or a loved one during the pandemic. It can be difficult to process your emotions, especially if you are away from people or places that could give you comfort.

Going through these situations can be disappointing, sad, and painful. It's normal to feel that way. Allow yourself to feel sad and to grieve – it is a necessary step to heal and move forward.



Experiences of Grief



Denial

Refusing to admit that something is true.



Anger

Feeling of frustration about what happened.



Bargaining

Figuring out if there's anything you can do to change the situation.



Depression

Feeling extreme sadness because you know you can't do anything.



Acceptance

Understanding what happened and trying to move forward.

You may or may not go through all these stages. Everyone experiences grief differently.
You can experience grief in your unique way.

If you feel happy at times while going through a loss, you don't need to be guilty.
If you have not accepted the situation easily, that's okay, too.

How to Cope with Grief and Loss



Notice and accept your feelings

Grieving is a healthy and normal process.



Communicate

If it's okay with you, share your feelings with someone you trust.
If you're not yet ready, journaling can help, too.



Take care of yourself

Grief can affect your physical health, too. Try to get exercise, adequate rest & sleep, and eat healthy foods. This will ensure that you are physically healthy and strong.



Let others take care of you

Having someone to lean on can help make you feel better. You can make new memories with them, too.



Avoid major decisions

You might be tempted to make big changes in your life to distract yourself but it can be risky. Hold off on making major decisions until you have more information or choices.



Be patient with yourself

It's okay to cry at times as grieving takes time.

There are things that might be difficult for you to understand and it's all right. These steps may help you find meaning and come to terms with the loss you experienced.

Take what you need today

Choose one thing from the following that you feel like doing today:



Think about and write down positive memories.



Talk to a friend online.



Develop a new skill or routine.



Celebrate milestones.



Do something creative.



Pray, meditate, or reflect.

Your life can grow around grief. You'll have more space to create new memories and be happy. Take what you need today, one step at a time.

However, if the feelings of grief and loss persist for six months or longer, and are affecting your daily activities, it's best to ask for professional help.

See [page 36](#) for mental health services you can check out.

4 Setting Boundaries



Have you ever said “yes” to doing something you didn’t really want to? How did you feel about it? Perhaps it’s because you didn’t want to let people down or have them think you’re unkind. It’s understandable! It is something that people commonly experience.

However, it’s okay to say “no” if you’re not comfortable with what other people ask of you. You don’t have to agree with everyone’s opinion to fit in.

When you set your boundaries, people will know that you have

limitations – that there are things that don’t work for you or you don’t like. Setting boundaries also means putting yourself first, which can prevent *burnout* (constantly having too much stress).

Establishing your boundaries also honors your values and sense of identity. It builds your confidence and teaches you to be independent, without the need to win people’s approval.

How do you set your boundaries? Here are some tips!

Setting Personal Boundaries through DEARMAN

D

Describe the situation without judgment.

"I've noticed you always want to talk past 10 p.m."

E

Express how the situation makes you feel. Use "I" statements.

"I feel worried about you. But I also feel anxious when someone calls me at that time. I like to go to bed early."

A

Assert respectfully what you need to happen.

"I care about you but we need to agree when to call each other. I like to go to sleep by 10 p.m."

R

Reinforce why it is important to you and how it will benefit both of you.

"Sleep is important to me. We can discuss better when we are both well-rested."

M

Maintain focus on your goal.

"Thanks for understanding! I may not be able to answer you if you call at night."

A

Appear confident but be emphatic.

"I like to sleep early. But feel free to text me what you need to say and I'll reply the next day."

N

Negotiate

"You can chat with me first if you want to call. If I can't talk we can schedule it for another time that fits us both."

Setting personal boundaries can improve your relationship with others and allow you to focus on your own growth.

5 Being kind to oneself

Growing up, you've been taught to be kind and caring to others.

When someone is feeling worried or sad, you try your best to listen to them and cheer them up. But have you ever thought about being kind to yourself?

When you talk to a friend, you say the nicest things and offer them sound advice. You can say those things to yourself as well.

When you care for someone, you give them gifts or spend time with them. You can do that with yourself, too!



When someone does something wrong, you try to understand and forgive them. You can also practice that with yourself when you don't meet your goals or make a mistake. Know that experiencing a setback or making a mistake is normal and part of life.

How can you be there for yourself?

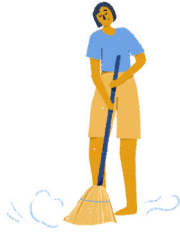
Being kind to yourself is one of the most helpful things you can do for yourself, especially when you're going through a difficult time. You are worthy of the love, kindness, and care that you freely share with other people. You can build a good relationship with yourself!

It may be new to you, but you can try these steps to practice self-compassion:



Know your self-love language

Your love language describes how you want to receive love from others. This time around, you will give that to yourself!



ACTS OF SERVICE

Something you'd like to do for yourself

- rearranging your closet
- cooking a meal
- learning a new skill



RECEIVING GIFTS

Treating yourself with gifts that spark joy

- shopping
- ordering your favorite food
- saving up for a favorite game



QUALITY TIME

Spending time with yourself

- having a nap
- watching a movie
- being in nature



PHYSICAL TOUCH

Things that make your body feel good

- taking a warm bath
- doing some stretches
- walking bare feet on the ground



WORDS OF AFFIRMATION

Being your own biggest supporter

- using positive self-talk
- counting blessings
- comforting yourself

While you care about others, it's also important to prioritize your needs. Self-love can improve your outlook in life and build your confidence.

Be a Good Friend to Yourself



Think of a challenging situation. Pay attention to what you are saying to yourself.



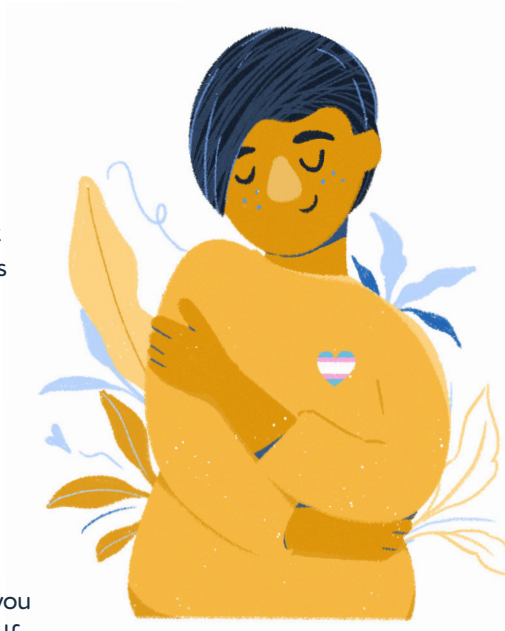
Remind yourself that what you feel matters.



Ask yourself, "How would I talk to my friend in this situation?"



Think about how you can talk to yourself in an encouraging, nurturing, and supportive way.



Focus on your strengths and your positive traits to face the situation.



Pat yourself on the back for being a good friend to yourself.

Everyone needs a kind friend to get through life's challenges. Isn't it amazing to be your own best friend?

Self-affirmation Activity

List down phrases that lift up your mood or boost your self-worth. They can be:

Positive

What you believe you are or you want to be

About you

Say, "I am" or "I can." You have to claim it, dear!

Short and specific

It could be an adjective like "strong" and "confident" or a phrase like "free to make my own choices"

In the present tense

Say, "I am" not "I will be."



Examples:


I am strong. I am beautiful. I can do this! I can accomplish my goals.

Choose one positive affirmation for the day.

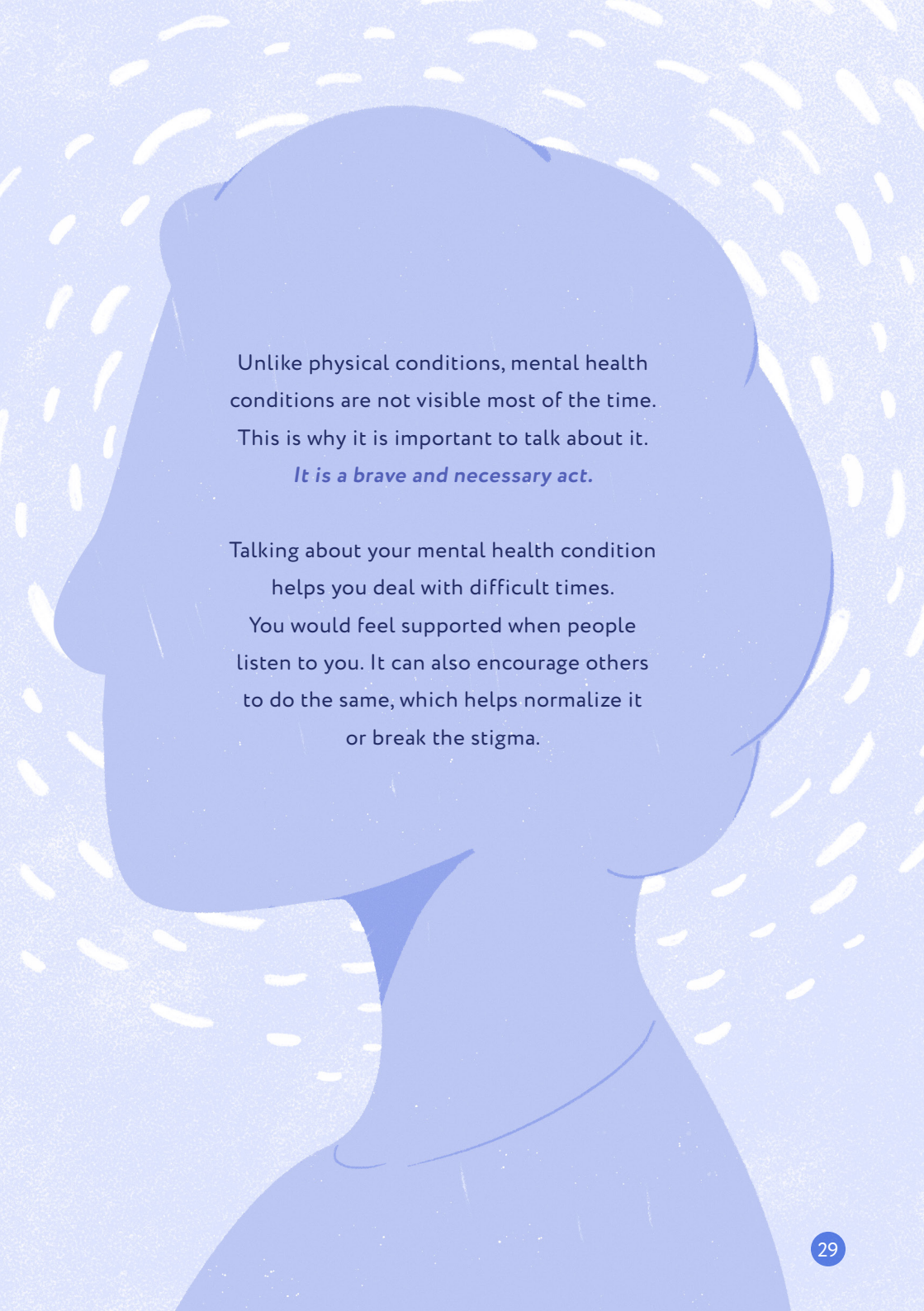
Make positive affirmations a daily routine! You can make a list of your favorite affirmations and read them every morning in front of a mirror or whenever you need it.

Practicing self-affirmation can help transform unhealthy thinking patterns into healthy thinking patterns. The more often we affirm ourselves, the stronger it becomes in our mind.

How do we talk about mental health?

The background is a light blue gradient with various illustrations. At the top left is a purple profile of a person wearing orange headphones, with a dark blue speech bubble containing the word 'he' in white cursive. To its right is a white speech bubble and a blue brain with yellow and white neural connections. Further right is a white speech bubble with orange exclamation marks. On the left side, there is a purple profile of a person wearing an orange beanie, with a white question mark above it. Below that is a purple speech bubble. On the right side, there is a white profile of a person with dark hair in a bun, a purple speech bubble, and a dark blue profile of a person with glasses. At the bottom left is a purple profile of a person wearing a dark blue hijab. At the bottom center is a large orange speech bubble and a white speech bubble. At the bottom right is a purple profile of a person with dark hair, a white question mark, and a white speech bubble. The overall theme is mental health and stigma, represented by various icons of people and speech bubbles.

Aside from the challenges that people with mental health conditions face, they also experience *stigma*. This means that other people judge them or treat them harshly. Many people with mental health conditions are misunderstood or bullied. Often, they are treated as if their mental health conditions or symptoms are something they can overcome if they just “try harder” or “snap out of it.” Experiencing mental health stigma could lead to one’s mental health becoming worse. Someone in the yellow zone could move to the red zone due to the experience of mental health stigma.



Unlike physical conditions, mental health conditions are not visible most of the time. This is why it is important to talk about it.

It is a brave and necessary act.

Talking about your mental health condition helps you deal with difficult times.

You would feel supported when people listen to you. It can also encourage others to do the same, which helps normalize it or break the stigma.

Talking about your mental health

If you are ready and comfortable to share your thoughts and feelings, here are things you can do:

Communicate comfortably.

You can choose to talk about it in-person, through call or chat, or a letter.

Be open and honest.

This helps others understand your situation better.

Ask if it's also okay for you to tell them about what you are going through.

Consider if the person you want to talk to is available or doing okay so they can listen to you.

Let them know what they can do.

You can suggest ways they can help you.



Find a time and place.

You might be more comfortable opening up when there are no distractions.

Manage your expectations on the first conversation.

It's normal for people to take time to really understand what someone else is going through.

Like you, there are family and friends who may need your support at some point. We can show our care by knowing how to respond properly. How do you do it?

When someone wants to talk to you about their mental health

If you are available and ready to hear their feelings, here's what you can do:

Listen to understand.

Let them express their thoughts and feelings before responding. Show your understanding through your words, body language and tone of voice.

Take them seriously.

Try not to respond in a way that minimizes what they're going through. Avoid saying things like "It's nothing!" "Just be positive," or "It's all in your head." What they are thinking and feeling matters. Say, "I hear you," or "It makes sense that you are feeling/thinking this way."



Ask if they would like some advice from you.

Suggest one of the self-care practices on page 11.

Offer a time to talk again.

If they still need support, let them know if you're available.

Keep what they shared with you.

It takes a huge amount of trust for someone to open up. You can show respect and honor the trust they gave you. But...

Tell a trusted adult if you have to.

If things are getting more serious or harmful, ask for guidance and help from adults.



Life will have ups and downs but you've got it!
Starting with taking a moment for yourself to practice self-care,
you can go a long way to improving your mental health.

Now that you've learned these self-care tips,
you can make a difference by sharing them with your
family, friends, or through social media.

Together, let's support each other
for **a mentally healthy future!**



Mental Health Services

Learning more about mental health is one way to keep your mind healthy and to create a supportive environment for others. Check out these online mental health resources!



Facebook

(Mental Health Pages and Advocacies)

- MentalHealthPH
- I Choose #MalayaKongMaging
- Youth for Mental Health Coalition, Inc.
- Mental Health and Psychosocial Support, Philippines
- Mental Health Matters By Kylie Verzosa



Websites

- **World Health Organization (WHO)**
(who.int/health-topics/mental-health)
- **UNICEF (United Nations Children’s Fund)**
(unicef.org/topics/mental-health)
- **Healthypilipinas.ph**
(healthypilipinas.ph/seven-healthy-habits/care-for-yourself-care-for-others)
- **Mentalhealthph.org**
- **Silakbo.ph**
- **Malayaako.ph**
- **lusog-isip.doh.gov.ph**



For more mental health and self-care tips, download the **Lusog Isip mobile app!**

Crisis Hotlines

If you or others need urgent emotional support, or are thinking about suicide, self-harm, or harming others, you can contact the following 24/7 crisis hotlines.

National Center for Mental Health (NCMH) 24/7 Crisis Hotline

1553 (Luzonwide landline - toll free)
(02) 989-8727 (USAP)
Globe/TM: 0917-899-8727 or 0966-351-4518
Smart/Sun/TNT: 0908-639-2672
For regional helplines, visit bit.ly/DOHhelplines

Philippine Red Cross Crisis Hotline

2919 (toll-free for Globe and TM subscribers)
1158
804-4673
Globe/TM: 0917-558-4673

Hopeline PH

Globe/TM: 09175584673
Smart/Sun/TNT: 0918-873-4673
Landline: 8804-4673
2919 (toll-free for Globe and Tm)

In-Touch Crisis Line

8-893-7603,
Globe/TM: 0917 800 1123
Smart/Sun/TNT: 0922 893 8944 / 0919 056 0709

Tawag Paglaum-Centro Bisaya

Smart/Sun/TNT: 0939 937 5433 / 0939 936 5433
Globe/TM: 0927 6541629

Mental Health Services

If you or someone you know is struggling emotionally, has concerns about their mental health, and needs counseling, therapy, or other psychological services, here are some places that provide mental health care services.

LUZON

Amara Counseling & Training Center (10 AM - 6 PM)

3 Ligaya St. Brgy. Holy Spirit, Don Antonio Village, Quezon City
0936-921-8516

Ateneo Bulatao Center

Rm 103A Bellarmine Hall, Ateneo De Manila University 1108 Quezon City,
Philippines
facebook.com/BulataoCenter

Bantay Bata 163

(02) 3415 6625/ 6626

(02) 3411 0856

Dial #163 toll-free for all Globe and TM customers

In Touch Community Services, Inc.

Landline: (02) 8893-1893

Globe/TM: 0917 863 1136

Smart/Sun/TNT: 0998 841 0053

UGAT Foundation, Inc.

2/F ISO Complex, Social Development Center, Ateneo de Manila
University, Katipunan, Quezon City

(02) 8281 8844,

(02) 8426 6496,

(02) 8426 6001 loc. 4872

UP-PGH Department of Psychiatry & Behavioral Medicine

Taft Avenue Ermita, Manila

(2) 554 8400

Stairway Foundation

Barangay Aninuan, Puerto Galera, Oriental Mindoro
Globe/TM: +63 917 843 1922

VISAYAS

Vicente Sotto Memorial Medical Center Psychiatric Facility

B. Rodriguez St, Cebu City, Cebu
(32) 253 9891 to 98

West Visayas State University Medical Center WVSUMC

E. Lopez St., Jaro, Iloilo City
(33) 320 0870 to 80

MINDANAO

The Confidentiality Clinic

Room S516, 4th Floor, Health Science and Wellness Center, Metro Davao
Medical and Research Center, Km 4, JP Laurel Ave., Bajada, Davao City

SPMC Mindanao Center for Psychiatry and Behavioral Medicine (8 AM - 5 PM)

Jose P. Laurel St., Buhangin,
Davao City
(82) 226 3540
(82) 226 3541
(82) 226 3542

Whatever you're feeling
at the moment — it matters.

If you feel happy, sad,
angry or worried
about anything today,
that's okay.

Take time to pause, breathe, and
give yourself the care you need.

You matter. You are not alone.

This booklet is for you.



USAID
FROM THE AMERICAN PEOPLE

LAST UPDATED:
OCTOBER 2022

© Johns Hopkins University 2022