

Mental Health A-WHERE-ness Map PH

(MHAPH Map)
<https://mhaphmap.wordpress.com>

Hello!

I am Andi Tabinas

Geographer, GIS Specialist, Mental Health Advocate
MHAPH Map - <https://mhaphmap.wordpress.com>



Outline:

- I. Understanding Mental Health and Mental Health in the Philippines
- II. Why Make the MHAPH Map
- III. Future plans for the MHAPH Map

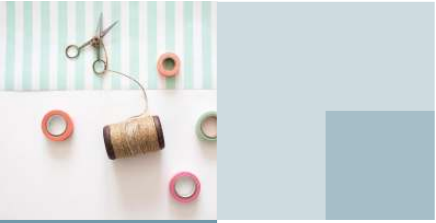
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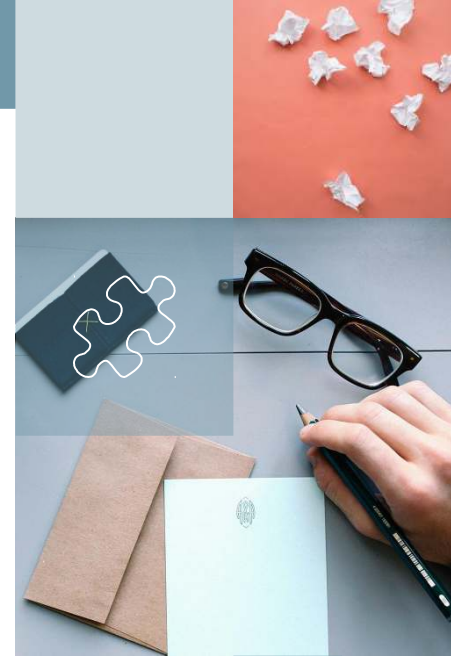


Mental Health





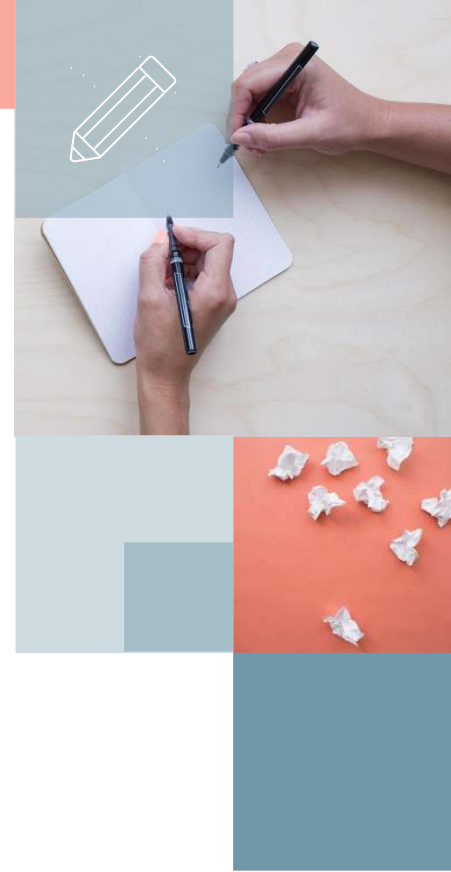
“a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”



In the Philippines,

- 2,558 suicide cases (2012)
- 2.5% male suicide rate per 100,000 members of the population
- 1.7% female suicide rate per 100,000 members of the population
- 1 in 5 Filipino adults suffer from psychiatric disorders

Worldwide, 1 in 10 young people experiences a mental health problem.



Access to Mental Health Services in the country

Services

1:250,000
psychiatrist to
mentally ill patients

0.002 mental health
hospitals per 100,000
population

Budget

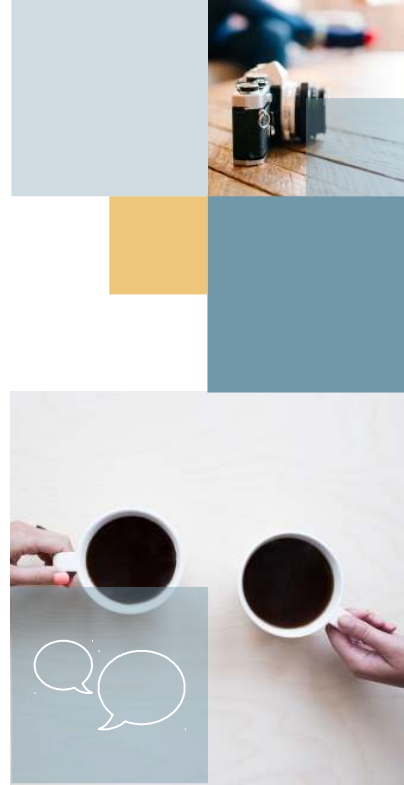
5% of the health
budget
- 95% for operation,
maintenance, and
salary of personnel of
mental hospitals





Seek help.

It's important to talk about mental health and get help early if things don't feel right, just like we would for our physical health.

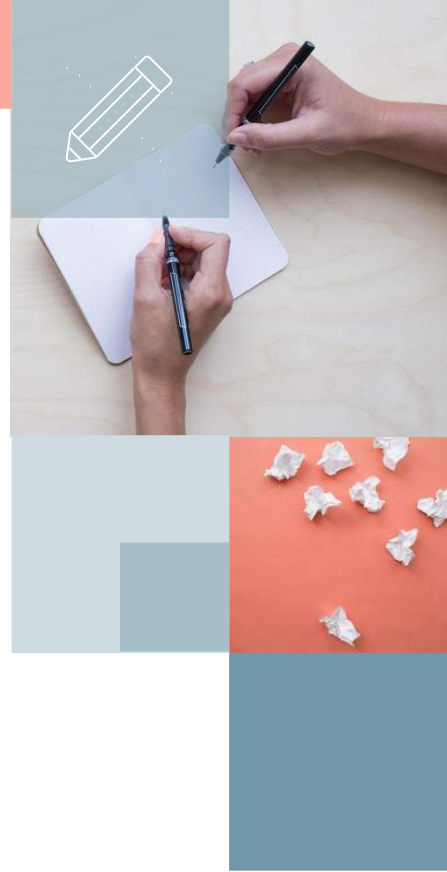




© Peechaya
Burroughs

Stigma

31% of people with mental illness say they choose to not seek treatment for their disorder due to fear of judgment.





Show where the
nearest help is

Data from
Online Sources

#MentalHealthPH
RedditPH, Psychological Advice
Other Sources

Free Services

Clinic/Doctor	Fee	Additional Information
PGH Psychiatry & Behavioral Medicine Department	Free	(02) 554-8400 loc. 2436 or 2440(02) 554-88470 (from /u/driedtentacles). You have to have a referral from another psych first. If not, you'd have to go through their Family Doctor and queue with the others in OPD, so for this, I'd suggest you go in as early as you can, like 4 or 5 am.
UST Graduate School Psychotrauma Clinic	Free	4061611 loc 4012 (from /u/driedtentacles)
Center for Family Ministries (at Ateneo)	Free	(02) 426-4289 to 92 http://cefam.ph (from /u/driedtentacles)
Ateneo's Bulatao Centre	Free 5 sessions	(from /u/MooseFandang)
Philippine Mental Health Association	Free for those who can't afford it, for those who can afford, sessions range ₱300 to ₱700	921-4958, East Ave. Pinahan, QC.

Selected Paid Services (sorted by fee)

Clinic/ Doctor	Fee	Additional Information
National Center for Mental Health (Charity Ops)	₱50 per session	"Mahaba pala tapos dapat super aga mo dapat dumating dun." (from /u/Angryscientist)
Dr. Alipio	₱150 for new patients and 80pesos for follow up.	his post
UST Hospital Outpatient Department Neuro-Psych Clinic	₱150 for an initial consultation and ₱100 for follow-ups	Clinic Hours 7am-5pm with lunch break. Adult Psych services in the afternoon except for Tuesday, Saturday, and Sunday.
National Center for Mental Health (Pay-Ops)	₱400 per session	(from /u/Angryscientist)
Dr. Kenneth Javate of Medical City	₱450 for initial consultation and ₱400 for follow-ups	
Dr. Anna Cruz at Medical City	₱500 per session	LGBT+ friendly Appointment: 09175773362
Philippine Mental Health Association	₱600+ per session	East Ave. Pinahan, Quezon City - 02 921 4958 - They give discounts depending on your financial situation. I believe the cheapest is ₱600.
Ortigas Medical City Psych Department	₱650 for initial consultation and ₱500 for follow-ups.	
Dr. Guiang at National Center for Mental Health	₱1000 for initial consultation, less for follow-ups	



Mental Health Services

As part of the organization's goal of bringing mental health services closer to those in need, we're crowd sourcing details of different Mental Health Services all over the Philippines. If you know any mental health services or facilities around the Philippines, please feel free to add them to the [Mental Health Services](#).

Luzon

Clinic of the Holy Spirit

Address: 4 Los Angeles, Cubao, Quezon City, Metro Manila 1100
Contact details: 7214798 7217180, Clinic of the Holy Spirit, Inc., clinicoftheholyspirit@gmail.com
Look for: Randy Dellosa RPsy, Psy.D M.D (Psychiatrist),

Other Details:

Type: Private
Clinic Hours: Monday, Tuesday & Thursday (2:00 pm-12:00 am)
Price Range: "I charge P4K for the first consultation and P3K for the subsequent sessions. Each session lasts for an hour" -Dr. Randy Dellosa
Website: <http://www.randydellosa.com/index.html>

Life Change Recovery Center

Address: 105 Sct. Rallos St, Sacred Heart, Kamuning, Quezon City, 1105 Metro Manila
Contact details: (No Data)

Clinic of The Holy Spirit Inc.

Address: No. 4 Los Angeles Street Brgy. Immaculate Concepcion, Cubao, Quezon City 1109
Contact Details: Tel. No. 7214798 7217180, clinicoftheholyspirit@gmail.com

Other Details:

Type: Private
Website: <https://www.facebook.com/Clinic-Of-The-Holy-Spirit-Inc-292980597467502/>

Cavite Center for Mental Health

Address: Trece Martires City, Cavite Government
Look for: George R. Repique Jr., Provincial Health Officer

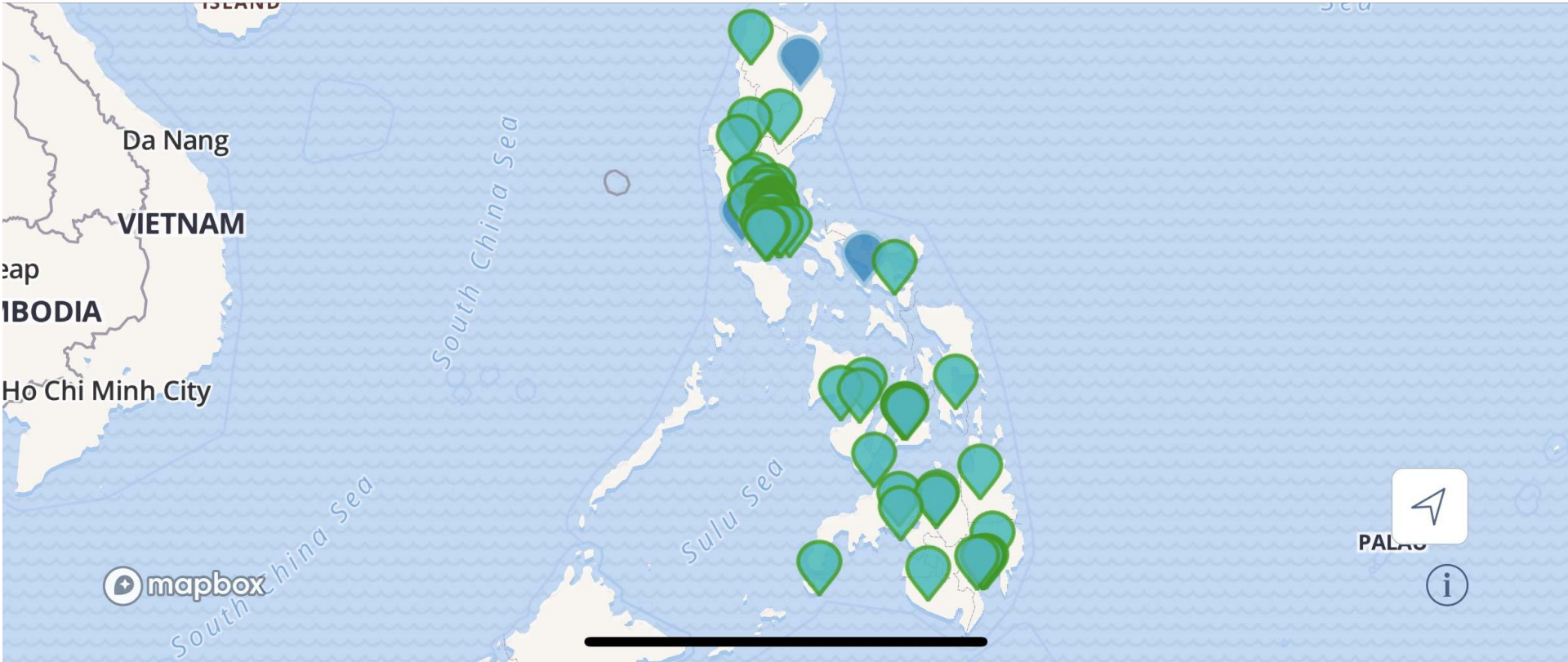
EMAUS - Center for Family Ministries

Ateneo de Manila, Loyola Heights, Quezon City

Contact us through mentalhealthph@gmail.com for comments, corrections, or suggestions.



Mental Health A-WHERE-ness



Free Services

Paid Services

h Pho
g Ngai

Quy Nhon

ha Trang

nh Pho
in Rang-
p Cham

South
China Sea

Philippine Sea

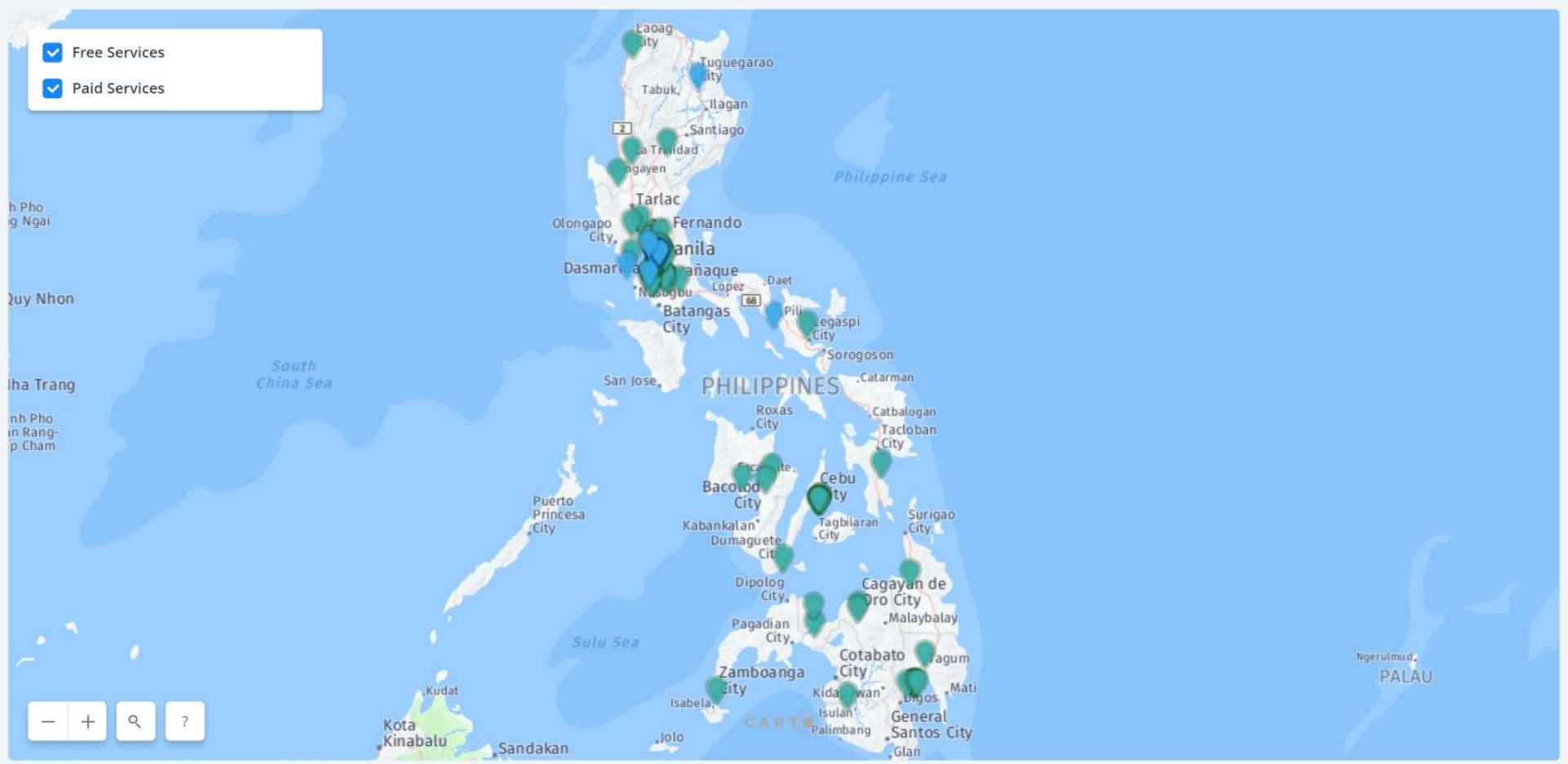
Sulu Sea

Ngerulmud
PALAU

Kota
Kinabalu
Sandakan

CARTO

Map navigation controls: minus sign, plus sign, search icon, and help icon.



Free Services

Paid Services



NAME

**Specialist Group Hospital
and Trauma Center**

ADDRESS

Dagupan City, Pangasinan

CONTACT DETAILS

(075) 522 2254

INITIAL FEE

800

SUCCEEDING FEE

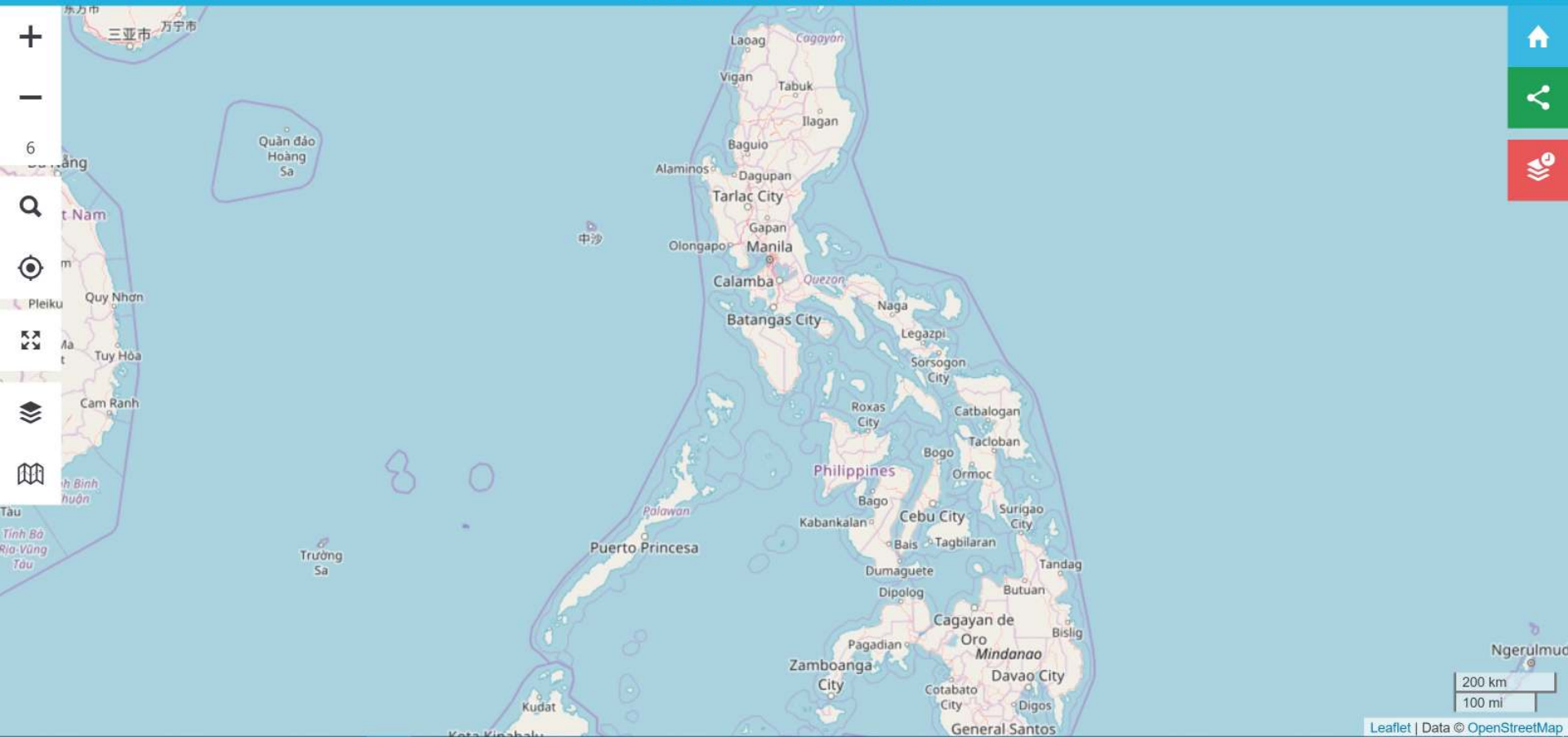
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ADDITIONAL INFORMATION

Look for Isidora Quirimit



Mental Health Facilities in the PH



Data displayed on the map may be incomplete/inaccurate. For information you would like to add, please send me a message.

Name *(required)*

Email address *(required)*

Your message: *(required)*

SUBMIT »

How to Use the MHAPH Map and MapContrib Page

- Select a point on the map to display more information.
- Use mouse scroll wheel (or – and +) to zoom in/out; double click to zoom in.
- Hold and scroll to pan view.
- Toggle between layers (Free Services and Paid Services) to show facilities offering paid or free Services.
- **Please share the Mental Health A-WHERE-ness Map to those who might need it! 😊**

Instructions on how to Use the MapContrib Page

For those who would like to contribute additional data by adding locations to the map, you may opt to send the information through the [Contact Page](#), or use the [MapContrib Page for the Mental Health A-WHERE-ness Map](#). Your contribution will be added to the map on the next update upon verification of the information.

Thank you!

You can find me at Twitter [@andimariwoah](#) and anditabinas@gmail.com

