Mental Health
A-WHERE-ness Map PH

(MHAPH Map)
https://mhapmap.wordpress.com
Hello!

I am Andi Tabinas
Geographer, GIS Specialist, Mental Health Advocate
MHAPH Map - https://mhapmap.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
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.
31% of people with mental illness say they choose not to seek treatment for their disorder due to fear of judgment.
Show where the nearest help is
#MentalHealthPH

## RedditPH, Psychological Advice

**Other Sources**

### Free Services

<table>
<thead>
<tr>
<th>Clinic/Doctor</th>
<th>Fee</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Psychiatry &amp; Emergency Medicine Department</td>
<td>Free</td>
<td>(02) 524-8888 loc. 2426 or 2488</td>
</tr>
<tr>
<td>UST Graduate School Psychiatry Clinic</td>
<td>Free</td>
<td>(63) 215-4211 loc. 4132</td>
</tr>
<tr>
<td>Center for Family Medicine (Ateneo)</td>
<td>Free</td>
<td>(02) 426-3282 to 34</td>
</tr>
<tr>
<td>Ateneo DEECCF Center</td>
<td>Free 5 sessions</td>
<td>(from [askinthedark])</td>
</tr>
<tr>
<td>Philippine Mental Health Association</td>
<td>Free for those who can’t afford it; for those who can afford services range P150 to P170</td>
<td>(02) 459-0031, East Avenue, Mandaluyong, QC.</td>
</tr>
</tbody>
</table>

### Selected Paid Services (sorted by fee)

<table>
<thead>
<tr>
<th>Clinic/Doctor</th>
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<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Center for Mental Health (Charity Ops)</td>
<td>P100 per session</td>
<td>“Vakita pika tapos tepat super age: tapat dun ang thru” (from [askinthedark])</td>
</tr>
<tr>
<td>Dr. Aljos</td>
<td>P150 for new patients and P100 for follow-ups</td>
<td>No post</td>
</tr>
<tr>
<td>UST Hospital Outpatient Department Neuropsychiatric Clinic</td>
<td>P500 for an initial consultation and P400 for follow-ups</td>
<td>Clinic House, Taal Spinal, 3rd level, Adult Psych Clinic, 3rd level, in the afternoon except for Tuesday, Saturday, and Sunday.</td>
</tr>
<tr>
<td>National Center for Mental Health (Bay-Qc)</td>
<td>P500 per session</td>
<td>(from [askinthedark])</td>
</tr>
<tr>
<td>Dr. Kenneth Javier of Medical City</td>
<td>P500 for initial consultation and P400 for follow-ups</td>
<td>No post</td>
</tr>
<tr>
<td>Dr. Arna Ocat at Medical City</td>
<td>P500 per session</td>
<td>SPMI Friendly Appointment; 09173773562</td>
</tr>
<tr>
<td>Philippine Mental Health Association</td>
<td>P500+ per session</td>
<td>East Avenue, Mandaluyong, QC - 0921 5450550 - They give discounts depending on your financial situation. I believe the cheapest is P500.</td>
</tr>
<tr>
<td>Cebu Medical City Psych Department</td>
<td>P500 for initial consultation and P400 for follow-ups</td>
<td>No post</td>
</tr>
<tr>
<td>Dr. Guzman at National Center for Mental Health</td>
<td>P500 for initial consultation, fees for follow-ups</td>
<td></td>
</tr>
</tbody>
</table>

## Mental Health Services

As part of the organization’s goal of helping mental health services reach those in need, we’ve curated a list of different Mental Health Services available to the Filipinos. If you know any new 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: 424, Los Angeles St, Cubao, Quezon City, Metro Manila 1100
- Contact details: 7214798/7217190; Clinic of the Holy Spirit Inc., clinicofthespirit@gmail.com
- Look like: Randy Dellosa MD, PhD DMD (Psychiatrist)

#### Other Details

- Type: Private
- Clinic Hours: Monday – Tuesday & Thursday (2:00 pm-7:00 pm)
- Price Range: P500 for the first consultation and P400 for the subsequent sessions. Each session lasts for an hour. - Dr. Randy Dellosa
- Website: [http://www.randydellosa.com/index.html](http://www.randydellosa.com/index.html)

#### Life Change Recovery Center

- Address: 82, Setyana St, San Bartolome, Kanezu, Quezon City, 1101 Metro Manila
- Contact details: (02) 7950106

#### Clinic of The Holy Spirit Inc.

- Address: No. 4 Los Angeles Street Brgy. Inamandas Conception, Cubao, Quezon City, 1109
- Contact details: Tel. No. 7214798/7217190; clinicofthespirit@gmail.com

#### Other Details

- Type: Private
- Website: [https://www.facebook.com/ClinicOfTheHolySpiritInc-297898598346710/](https://www.facebook.com/ClinicOfTheHolySpiritInc-297898598346710/)

#### Cebu Center for Mental Health

- Address: Jumu Estate, Cebu City, Cebu Province
- Look like: George R. Payapa, Jr. Provincial Health Officer

#### EMACS - Center for Family Ministries

- Address: Amor de Mata, Lourdes Mayfair, Quezon City

Contact us through [mentalhealthph@gmail.com](mailto:mentalhealthph@gmail.com) for comments, corrections, or suggestions.
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

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 AnyWHERE-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 @andimariewoah and anditabinas@gmail.com