



# PPS-PSCAP-PPA Task Force on Mental Health

## Child and Adolescent Mental Health within REACH

(Resiliency, Empathy, Acceptance, Connection, Hope)



# Schedule of Seminar Workshop

1:00-1:15 PM	<b>Opening Ceremony</b>
1:15-3:15 PM	<b>Lecture 1:</b> Overview of the State of Mental Health Among Children and Adolescents <i>Francis Xavier Dimalanta, MD, FPPS, FPSDBP</i>
	<b>Lecture 2:</b> Mental Health Risk Assessment <i>Nerissa Dando, MD, FPPS, FPSCOT, FPSAMS</i>
	<b>Lecture 3:</b> Screening for Depression, Anxiety and Suicide <i>Jacqueline Navarro, MD, FPPS, FPSDBP</i>
	<b>Lecture 4:</b> Management of the Child and Adolescent at Risk <i>Vanessa Kathleen Cainghug, MD, FPSCAP, FPPA</i>
3:15-3:45 PM	<b>Small Group Discussion</b> (Break out into Groups)
3:45-4:00 PM	<b>Open Forum</b> (Plenary Session)
4:00-4:15 PM	<b>Closing Ceremony</b>



# Francis Xavier Dimalanta, FPPS, FPSDBP



## Education and Training

- Doctor of Medicine, UERM-MMC
- Pediatric Residency, St. Luke's Medical Center, QC
- Fellowship in Developmental-Behavioral Pediatrics, UP-PGH
- International Fellowship clinical observership, various developmental pediatrics centers, USA

## Current Positions/Affiliations

- Member, Board of Trustees, Philippine Pediatric Society
- Head, PPS-PSCAP-PPA Task Force on Mental Health
- PRO and Member, Board of Trustees, Philippine Society for Developmental and Behavioral Pediatrics
- Head, Section on Developmental and Behavioral Pediatrics, St. Luke's Medical Center QC and Global City
- Consultant Staff, Section of Developmental and Behavioral Pediatrics, NCH



# Overview of the State of Mental Health Among Children and Adolescents

**Francis Xavier Dimalanta, MD, FPPS, FPSDBP**  
Developmental and Behavioral Pediatrician



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# Objective

To enhance and strengthen the capacity of primary care physicians, pediatricians and child advocates in the early detection and management of mental health issues among children and adolescents



# Outline

- The PPS-PSCAP-PPA Task Force on Mental Health
- State of Mental Health of Children and Adolescents
- Impact of the Pandemic on the Mental Health of Children and Adolescents
- Red Flags of Mental Health Conditions
- Mental Health Support Initiatives in the Country







# PPS-PSCAP-PPA Task Force on Mental Health



PHILIPPINE PEDIATRIC SOCIETY

Philippine Society for Developmental and Behavioral Pediatrics

Philippine Society of Adolescent Medicine Specialists

PHILIPPINE SOCIETY FOR CHILD AND ADOLESCENT PSYCHIATRY

PHILIPPINE PSYCHIATRIC ASSOCIATION

# Task Force on Mental Health Working Group





# State of Mental Health of Children and Adolescents



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Around the world, mental disorders are a significant cause of suffering that interfere with children's and young people's health and education and their ability to reach their full potential



UNICEF 2021. The State of the World's Children 2021

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More than 13% of adolescents age 10-19 years old are diagnosed with a mental disorder

**89 Million**  
Adolescent  
**Boys** 10-19  
years old with  
Mental  
Disorder

**77 Million**  
Adolescent  
**Girls** 10-19  
years old with  
Mental  
Disorder



UNICEF 2021. The State of the World's Children 2021

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An estimated **45,800 adolescents**  
die from suicide each year

**More than 1 person die from  
suicide every 11 minutes**



UNICEF 2021. The State of the World's Children 2021

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# 2015 and 2019 Philippine Global School-based Student Health Survey

	2015	2019
Percentage of students who seriously considered attempting suicide during the 12 months before the survey	11.5%	23.1%



Department of Health

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# 2015 and 2019 Philippine Global School-based Student Health Survey

	2015	2019
Percentage of students who attempted suicide one or more times during the 12 months before the survey	17%	24.3%



Department of Health

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# 2015 and 2019 Philippine Global School-based Student Health Survey

	2015	2019
Percentage of students who did not have any close friends	4.2%	5.9%



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# Impact of the Pandemic on the Mental Health of Children and Adolescents



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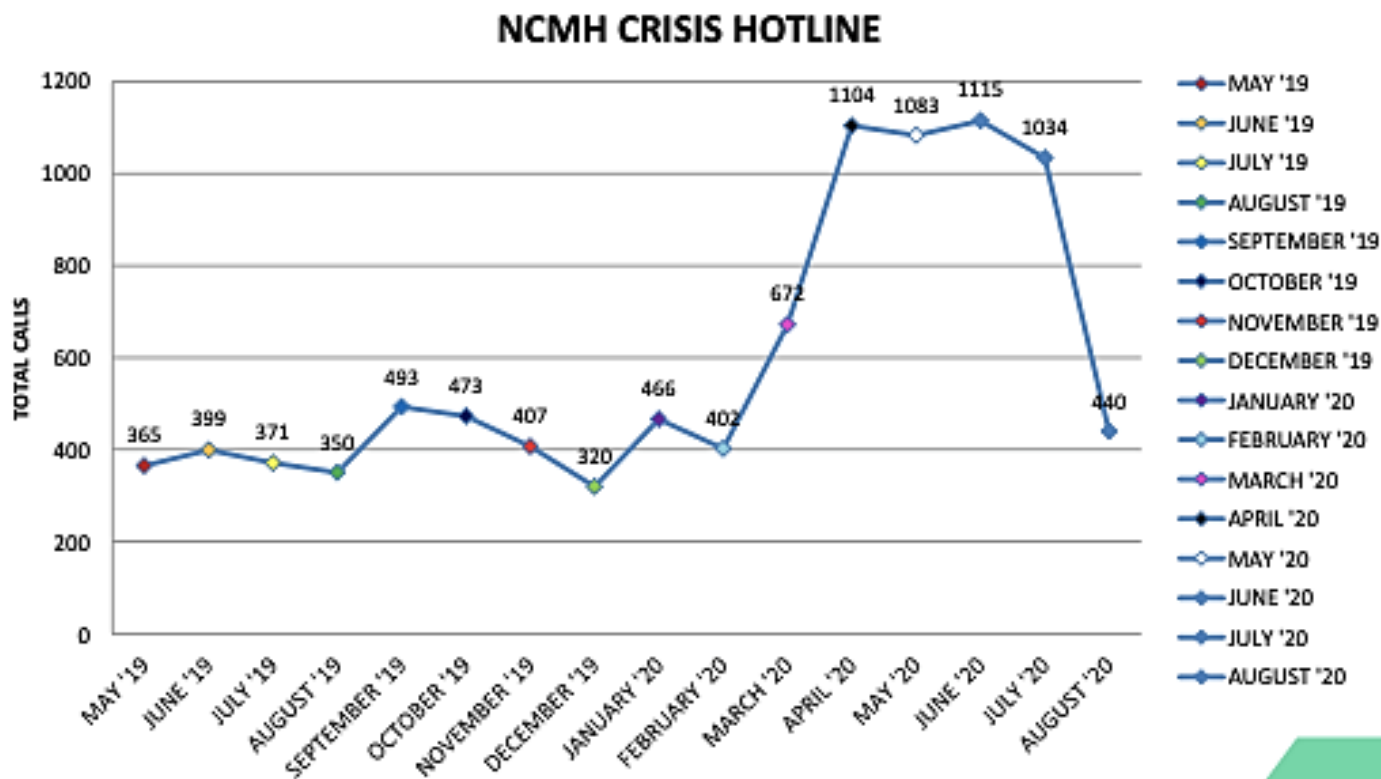




# 24/7 NCMH Crisis Hotline STATISTICS

NCMH CRISIS HOTLINE	
2019 & 2020 TOTAL CALLS	
MAY '19	365
JUNE '19	399
JULY '19	371
AUGUST '19	350
SEPTEMBER '19	493
OCTOBER '19	473
NOVEMBER '19	407
DECEMBER '19	320
JANUARY '20	466
FEBRUARY '20	402
MARCH '20	672
APRIL '20	1104
MAY '20	1083
JUNE '20	1115
JULY '20	1034
AUGUST '20*	440
<b>TOTAL</b>	<b>9494</b>

\*as of August 15, 2020



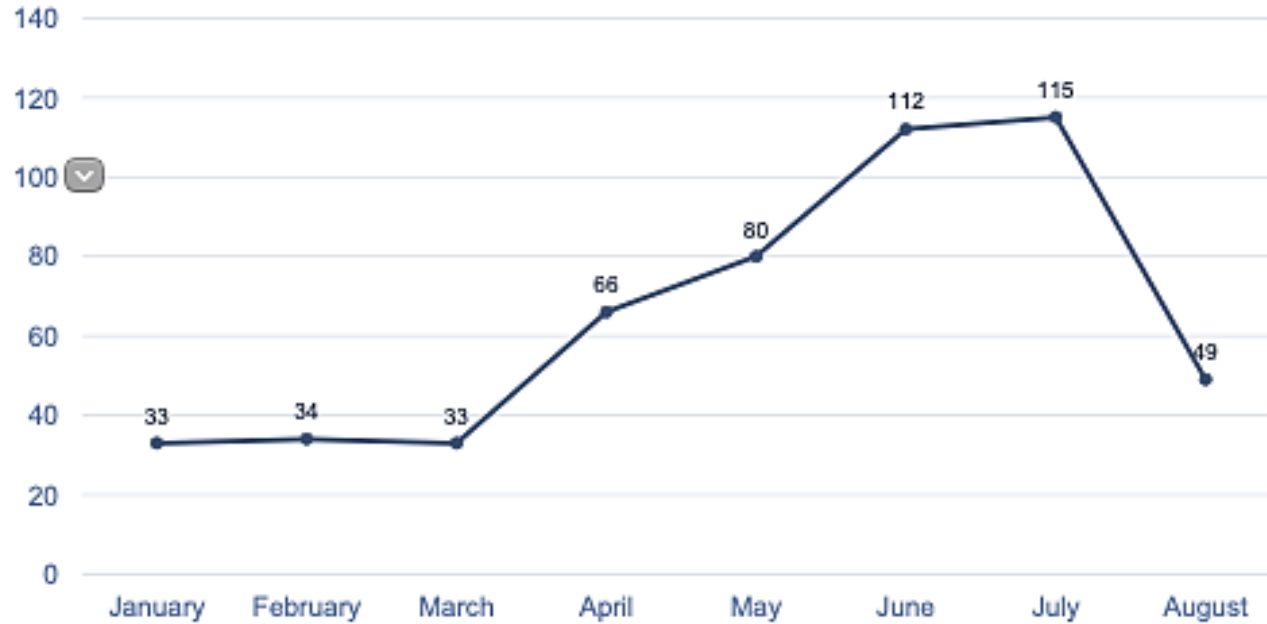
\*as of May 31, 2020



# 24/7 NCMH Crisis Hotline STATISTICS

NCMH CRISIS HOTLINE	
2020	Suicide Related Calls
JANUARY	33
FEBRUARY	34
MARCH	33
APRIL	66
MAY	80
JUNE	112
JULY	115
AUGUST	49

2020 SUICIDE-RELATED CALLS



\*as of Aug 15, 2020



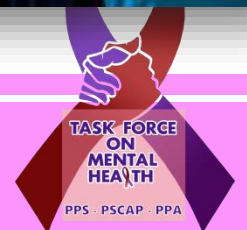
# Stressors of Children During the Pandemic

- Increased social isolation
- Heightened concerns over safety and health
- Increased stress of parents and caregivers
- Increased family conflict
- Loss of prosocial activities (school, sports, social activities, hobbies)
- Adjustment to online schooling
- Increased screen time and sedentary behaviors
- Decreased access to medical and mental health care



Meade J. *Pediatr Clin N Am* 68(2021): 945-959

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# Save the Children International Global Research Impact of COVID-19 on children's lives



## Response overview

**31,683**

public responses  
including

**13,477**

child responses  
aged 11-17



The study was implemented in **46**  
countries and resulted in the largest and  
most comprehensive survey of children and  
families during the COVID-19 crisis to date.



<https://resourcecentre.savethechildren.net/library/hidden-impact-covid-19-children-global-research-series>

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## Mental Health and Psychosocial Wellbeing

The interruption of formal education means children are less able to meet friends and play, having a significant impact on their wellbeing.

More than half the children who are not in touch with their friends report feeling

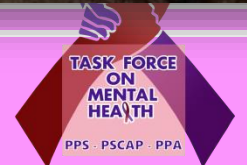
Less happy	More worried	Less safe
<b>57%</b>	<b>54%</b>	<b>58%</b>

compared to only a few children who see their friends in person and interact virtually, who report feeling

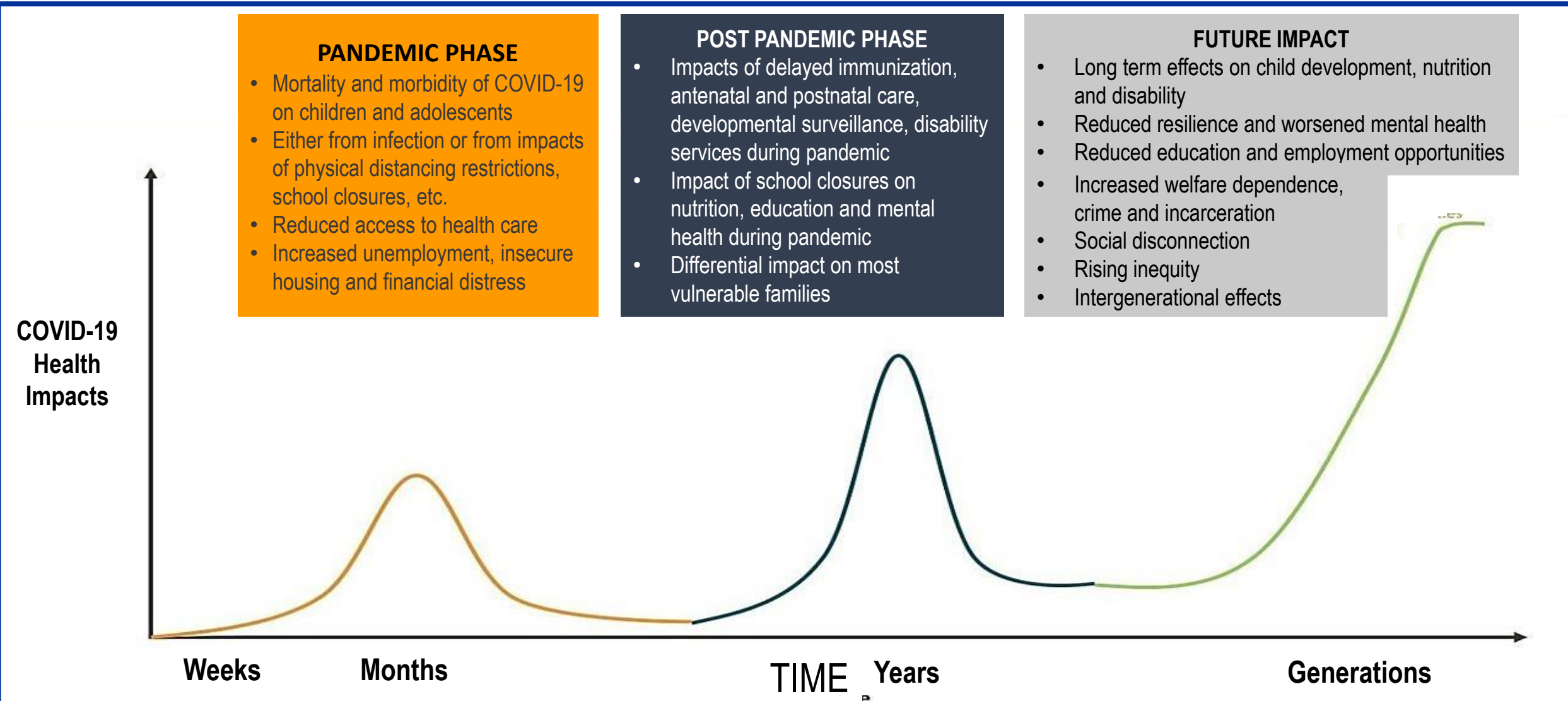
Less happy	More worried	Less safe
<b>5%</b>	<b>5%</b>	<b>6%</b>



<https://resourcecentre.savethechildren.net/library/hidden-impact-covid-19-children-global-research-series>



# COVID-19 waves of impact for children and adolescents



# Red Flags of Mental Health Conditions by Age



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# Infants, Toddlers Young Children



- Regression of skills
- fussiness and irritability, startling and crying more easily, and be more difficult to console.
- trouble falling asleep and waking up more during the night.
- feeding issues such as nausea and vomiting, constipation or loose stools, or new complaints of stomach pain.
- being anxious when they have to separate from their family, clinginess, not wanting to socialize, and fear of going outside.
- hitting, frustration, biting, and more frequent or intense tantrums
- bedwetting after they're potty trained
- aggressive behavior



<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

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## Older Children Young Adolescents



- changes in mood that are not usual for your child, such as ongoing irritability, feelings of hopelessness or rage, and frequent conflicts with friends and family.
- changes in behavior, such as stepping back from personal relationships.
- a loss of interest in activities previously enjoyed.
- a hard time falling or staying asleep, or starting to sleep all the time.

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>



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## Older Children Young Adolescents



- changes in appetite, weight or eating patterns, such as never being hungry or eating all the time.
- problems with memory, thinking, or concentration.
- less interest in schoolwork and drop in academic effort.
- changes in appearance, such as lack of basic personal hygiene.
- an increase in risky or reckless behaviors, such as using drugs or alcohol
- thoughts about death or suicide or talking about it



<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

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# Mental Health Initiatives



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# Republic Act no. 11036

## Mental Health Act

**An Act Establishing a National Mental Health Policy for the Purpose of Enhancing the Delivery of Integrated Mental Health Services, Promoting and Protecting the Rights of Persons Utilizing Psychosocial Health Services, Appropriating Funds Therefor and Other Purposes**



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# Lusog Isip App of DOH



Ready for your  
self-transformation journey?

Lusog-Isip is the first mobile app for mental health and self-care culturally-adapted for the Philippines. It uses evidence-based screening tools and interventions to help you on your journey towards better overall well-being and healthier coping strategies.

DOWNLOAD THE APP TODAY



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# Mental Health Support

## DOH Regional Helplines

REGION	CENTER	SERVICES	HOTLINE
NATIONWIDE	National Center for Mental Health	24/7 Crisis Hotline Telemental Health Psychological/Psychiatric Referrals & Management	1553 0917-899-8727 0966-351-4518 0908-639-2672 <a href="https://bit.ly/mhusaptayo">bit.ly/mhusaptayo</a>



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# Mental Health Support: For teachers and students

- <https://www.deped.gov.ph/2021/11/08/deped-launches-mental-health-helpline-system-for-learners-teachers/>



**EMERGENCY HOTLINES AND HELPLINES**

NATIONWIDE	NCR	DEPED COVID-19 HOTLINES: LUZON	DEPED COVID-19 HOTLINES: VISAYAS	DEPED COVID-19 HOTLINES: MINDANAO
<p><b>Circle of Hope Community Services, Inc.</b> <i>For healthcare workers</i></p> <p>0917 882 2324 0908 891 5850 0925 557 0888</p> <p>Sign-up at <a href="https://bit.ly/SCBreak">bit.ly/SCBreak</a></p>	<p><b>Amang Rodriguez Memorial Medical Center</b> (02) 89481263</p> <p><b>Bayanihan at Makati Med (Crisis Hotline)</b> 0932-410-3377 (Viber)</p> <p><b>DLSU Dasmariñas Center for Applied Psychology</b> 0935 751 9227</p> <p><b>East Avenue Medical Center Wellness Center</b> 0919 499 8381</p> <p><b>Grey Matters Psychological Consultancy Inc. Philippines</b> 0915 259 2144</p> <p><b>In-Touch Crisis Line</b> 0917 709 6961</p> <p><b>Living Free Foundation</b> 0997 561 8778</p> <p><b>MAGIS Creative Spaces, Inc.</b> (02) 8893 7603</p> <p><b>Grey Matters Psychological Consultancy Inc. Philippines</b> 0917 800 1123</p> <p><b>Manila Lifeline Centre (MLC)</b> 0922 893 8944</p> <p><b>Mood Harmony</b> (02) 8046 1611 loc. 4012</p> <p><b>National Mental Health Crisis Hotline</b> 0917 322 7807</p> <p><b>PGH Psychiatry and Behavior Medicine Department</b> 0927 950 5745</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> 0917 709 6961</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> 0997 561 8778</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> (02) 896 9191</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> 0917 854 9191</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> (02) 8844 2941</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> (02) 8899 7827</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> 0966 351 4518</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> 0917 899 7827</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> 0908 639 2672</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> (02) 8554 8400 loc. 2436/2440</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> (02) 8554-8847</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> (02) 8526-0150</p> <p><b>PHS Psycholary and Behavior Medicine Department</b> (02) 8554-8469</p>	<p><b>Region 1</b> 0998 583 5732 (072) 682 2324 loc 119</p> <p><b>Region 2</b> 0917 504 7971 0917 322 3622 0995 921 8506 (078) 304 3855</p> <p><b>Region 3</b> (045) 598 8580</p> <p><b>CALABARZON</b> (02) 8682 5773</p> <p><b>MIMAROPA</b> (02) 8637 2895</p> <p><b>Region 5</b> 0999 682 4775 0920 925 5833</p> <p><b>NCR</b> 0977 827 6112 (02) 8929 4348 loc 805/806</p> <p><b>CAR</b> (074) 422 1318</p>	<p><b>Region 6</b> 0907 707 5264 0949 751 2078</p> <p><b>Region 7</b> 0917 632 3511</p> <p><b>Region 8</b> 0917 304 6180 (053) 323 3156</p>	<p><b>Region 9</b> 0998 280 8852 0919 352 9158 0998 528 8045</p> <p><b>Region 10</b> 0917 713 0173 0917 145 7957 0917 139 9994 0917 544 7992 0926 568 0095</p> <p><b>Region 11</b> 0917 720 1674 0929 498 5400 0917 985 8589 0975 950 3781 (082) 291 1665 (082) 224 0748</p> <p><b>Region 12</b> (083) 228 1893 (083) 228 8825</p> <p><b>CARAGA</b> 0945 237 8066 (085) 342 8207 0917 720 1674</p> <p><b>BARMM</b> 0996 301 8777 0936 339 5221</p>

Other Helplines are available; you may check [facebook.com/DepEdDRRMS](https://facebook.com/DepEdDRRMS) for other listings





# Mental Health Support

*Kumusta ka? Tara, usap tayo!*



**1553** Luzon-wide  
landline toll-free

GLOBE / TM Subscribers  
**0966-351-4518**  
**0917-899-8727**  
**0917-899-USAP**

SMART / SUN / TNT Subscribers  
**0908-639-2672**



**CRISIS HO+LYNE**  
National Center for Mental Health

 ncmhcrisishotline  
 ncmhhotline

**National Center  
for Mental Health**



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# Mental Health Support



**I AM  
HERE**  
*for you.*

**NEED SOMEONE TO TALK TO?**  
You may contact our PMHA Online Mental Health Support on Viber at 0995-093-2679 and [pmha.cisd@gmail.com](mailto:pmha.cisd@gmail.com); Monday to Friday, 8AM - 5PM.

You can also call the NCMH Crisis Hotline: 0917-899-8727 / 7-989-8727 / 1553 (Luzon-wide landline-to-landline toll-free).

WWW.PMHA.ORG.PH |    /PMHAofficial

 **WE ARE HERE** 

**#PMHA #EnhancingWellBeing #WeAreHere**

**Philippine Mental  
Health Association  
Online Mental Health Support  
Viber: 0995-093-2679  
[pmha.cisd@gmail.com](mailto:pmha.cisd@gmail.com)**



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# Important Points

- Mental health issues in children and adolescents have been increasing even before the pandemic
- The pandemic significantly impacted the mental health of children and adolescents
- Knowing the red flags will provide the children and youth the help that they would require
- Nationwide initiatives are available to provide mental health support

