- Public welfare

QC's Helpline 122 expanded to cover mental health issues

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QUEZON City Mayor Joy Belmonte has ordered the integration of mental health concerns such as depression in their Helpline 122 which is open round-the-clock to provide proper intervention during emergencies.

The city's crisis responders have been trained by the National Center for Mental Health on suicide and crisis management, Belmonte said.

She assured that their health workers have undergone adequate training on mental health, psychosocial support, and psychological first aid.

The city's Health Department has also trained over 370 barangay officials and staff on psychological first aid in a bid to assist residents process and overcome traumatic experiences, the mayor added.

Lectures and mental health awareness are being conducted at the health centers in the city's 142 barangay.

"There are times when we can no longer cope with the problems, and that we think of things (that bother us) in the future. That's why we need someone to talk to. Our responders, who can be reached through Hotline 122, are ready to listen and support you until you feel eased and become better," Belmonte said.