- Mental health / Public welfare

MH hotline integrated in QC's Helpline 122

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Quezon City residents who have mental health concerns and emergencies can seek help through the city's Helpline 122.

The initiative is part of the observance of National Mental Health Month this October.

"There are times when we can no longer handle the problems we face in life. So we sometimes need someone to talk to. Our responders, who can be reached through hotline 122, are ready to listen until you feel better," Mayor Joy Belmonte said.

"Taking care of our mental health is a significant part of self-care. That's what we ensure in Quezon City, so we strive to align all programs and initiatives with the needs of every sector. We make sure that we listen to their suggestions and concerns," Belmonte added.

Under the initiative, residents needing psychosocial support and crisis intervention may call hotline 122 for assistance.

Patients will get help from trained helpline operators, who will offer emotional support and information.

The helpline, which is available around the clock, is confidential and free.

According to the city government, the crisis responders were trained on suicide and crisis management by the National Center for Mental Health.

The city health department also trained over 370 barangay officials and staff on psychological first aid to help residents process traumatic experiences.

City health workers likewise conduct lectures on mental health awareness among patients.

The local government, which passed a Mental Health Code in 2022, established mental wellness access hubs in communities to assess, diagnose and provide free prescription medication for patients. ⌐