Republic of the Philippines
QUEZON CITY COUNCIL
Quezon City
23rd City Council

PR23CC-433

43rd Regular Session

RESOLUTION NO. SP-10462, S-2026

A RESOLUTION SUPPORTING AND ENCOURAGING THE STRENGTHENING OF WOMEN'S MENTAL HEALTH AND LIFE-CYCLE CARE PROGRAMS IN QUEZON CITY

Introduced by Councilors DOROTHY A. DELARMENTE, M.D., AIKO MELENDEZ, CANDY A. MEDINA and JHON ANGELLI "Sami" C. NERI

Co-Introduced by Councilors Tany Joe "TJ" L. Calalay, Bernard R. Herrera, Joseph P. Juico, Atty. Voltaire Godofredo "Bong" Liban III, Aly Medalla, Geleen "Dok G" Lumbad, Atty. Christoffer Allan "Tope" Liquigan, Wencerom Benedict C. Lagumbay, Don S. De Leon, Atty. Vicente Belmonte Jr., Edgar "Egay" G. Yap, Nanette Castelo Daza, Imee Rillo, Atty. Jesus Miguel Suntay, Raquel S. Malañgen, Joseph Joe Visaya, Karl Edgar Castelo, Shaira "Shay" L. Liban, Ram V. Medalla, Maria Eleanor "Doc Ellie" R. Juan, O.D., Emmanuel Banjo A. Pilar, Kristine Alexia Matias, RN, Victor "Vic" D. Bernardo, Vito Sotto Generoso, Erwin Rey "Cocoy" A. Medina, and Jose Maria "Mari" M. Rodriguez

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WHEREAS, the Constitution and existing national and local policies recognize the vital role of women in nation-building and mandate the promotion of gender-responsive and inclusive public health programs;

WHEREAS, women experience distinct physical, emotional, and psychological challenges across various life stages, including adolescence, motherhood, caregiving years, menopause, and senior age, which require responsive and accessible health interventions;

WHEREAS, mental health concerns among women, such as stress, anxiety, depression, burnout, and emotional fatigue, are often compounded by social roles, caregiving responsibilities, and life-cycle transitions, making mental health support an essential component of primary healthcare;

WHEREAS, Quezon City, through its Women's Month initiatives, including community discussions, orientations, and psychosocial support activities has implemented programs addressing women's mental health, self-care, maternal well-being, and menopause awareness;

WHEREAS, these initiatives highlight the importance of integrating women's mental health and life-cycle care into regular city and barangay health services to ensure continuity, accessibility, and sustainability beyond commemorative observances;

WHEREAS, strengthening women's mental health and life-cycle care programs contributes to healthier families, more resilient communities, and improved overall public health outcomes in Quezon City.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to support and encourage, as it does hereby support and encourage, the strengthening of women's mental health and life-cycle care programs in Quezon City.

RESOLVED FURTHER, that the Quezon City Health Department, Gender and Development (GAD) Council Office, and other concerned City departments are encouraged to incorporate women-focused mental health and life-cycle care initiatives into their regular programs and services, in coordination with barangay health centers and women's desks.

RESOLVED FURTHERMORE, that barangays are encouraged to implement community-based activities that promote awareness, education, and access to mental health and life-cycle care support for women across all ages.

RESOLVED FINALLY, that copies of this Resolution be furnished to all concerned offices and barangays of the Quezon City Government for their information and appropriate action.

ADOPTED: April 22, 2026.

CERTIFICATION

This is to certify that this Resolution was ADOPTED by the City Council on Second Reading on April 22, 2026 and was CONFIRMED on May 11, 2026.

CHARM FERRER, CPA, MPA, JD
3rd Asst. Majority Floor Leader
Acting Presiding Officer

ATTESTED:

ATTY. JOHN THOMAS S. ALFEROS, III
City Government Department Head III
(Secretary to the Sanggunian)