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

PR23CC-432

43rd Regular Session

RESOLUTION NO. SP-10461, S-2026

A RESOLUTION ENCOURAGING THE IMPLEMENTATION AND STRENGTHENING OF MENTAL HEALTH AND WELL-BEING PROGRAMS FOR FEMALE YOUTH IN QUEZON CITY

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

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 1987 Constitution of the Republic of the Philippines upholds the vital role of women in nation-building and ensures the fundamental equality of women and men before the law;

WHEREAS, March is observed as National Women's Month, which highlights the need to advance women's rights and address concerns affecting women and girls at all stages of life;

WHEREAS, adolescence is a crucial development stage for young women, involving significant physical, emotional, psychological, and social changes that shape their overall health and future well-being;

WHEREAS, female youth face increasing mental health challenges such as anxiety, depression, low self-esteem, academic and social pressures, body image issues, and exposure to online and social media influences;

WHEREAS, mental health is an integral part of holistic health, and early, accessible, and age-appropriate mental health interventions help build resilience, emotional intelligence, and healthy coping mechanisms among adolescent girls;

WHEREAS, physical health concerns during adolescence including nutrition, menstrual and reproductive health, physical activity, and access to basic health services, are essential in supporting the healthy growth and empowerment of young women;

WHEREAS, local government units, in coordination with schools, barangays, health offices, and youth organizations, are in a strategic position to provide gender-responsive, adolescent-friendly mental and physical health programs.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to encourage, as it does hereby encourage, the implementation and strengthening of mental health and well-being programs for female youth in Quezon City.

RESOLVED FURTHER, that concerned City departments, including, but not limited to, the Quezon City Health Department, Social Services Development Department, Schools Division Office, and barangays, are encouraged to develop and support programs such as:

a. *Age-appropriate mental health awareness sessions and psychoeducation for adolescent girls;*

b. *Access to counseling, referral pathways, and psychosocial support, especially in schools and community settings;*

c. *Physical health and wellness programs, including nutrition education, menstrual health management, and reproductive health guidance; and*

d. *Safe spaces and peer support initiatives that promote self-confidence, emotional resilience, and positive self-image among female youth.*

RESOLVED FURTHERMORE, that public and private schools, youth organizations, and community partners are encouraged to collaborate with the Quezon City Government in integrating these initiatives into existing youth development, health, and women-focused programs.

RESOLVED FINALLY, that these initiatives be aligned with the observance of National Women's Month, reinforcing Quezon City's commitment to nurturing healthy, empowered, and mentally-resilient young women, and that copies of this Resolution be furnished to all concerned offices and stakeholders 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)