

# Philippines

## WHO Special Initiative for Mental Health Situational Assessment

### Overview

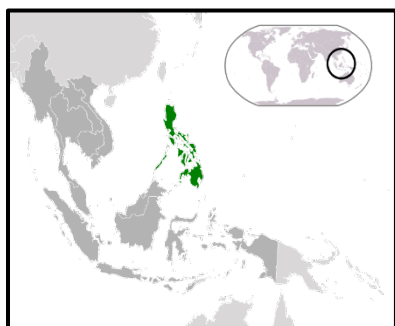
#### Strengths

- National mental health legislation supporting a universal right to mental health care
- National Mental Health Strategic Framework with Annual Planning
- Designated spending allocated to mental health care; 2.56% of health budget
- Significant primary care workforce

#### Challenges

- Lack of insurance coverage for outpatient services
- Limited mental health workforce
- Cultural factors including shame, stigma, and collectivist beliefs discourage use of mental health care

### Context



Source: Wikipedia, 17 Jan 2020

- Population of 105,893,381; 8% of the population in the capital Manila
- 98% literacy, 95% of households have improved sanitation, 91% clean water, and 80% electricity
- Life expectancy: 71 years; infant mortality rate: 21 per 1,000 live births; maternal mortality ratio: 114 per 100,000 live births
- Leading causes of death: ischemic heart disease and lower respiratory infection.
- Low HIV prevalence (<0.1%)
- 5% of women report being victims of intimate partner violence
- Most common substances include alcohol, methamphetamine, and marijuana
- The Philippines has an overseas foreign worker population of 2.3 million

### Policies and Plans

Public spending on mental health (USD\$/capita): 0.47 USD

#### Policy

**Name:** The Mental Health Act or Republic Act No. 11036  
**Years:** 2018  
**Progress:** Implementing rules and regulations were issued January 2019.

#### Plan

**Name:** National Mental Health Strategic Framework (2019-2023); Work and Financial Plan  
**Years:** 2018  
**Progress:** All four domains of the plan have been rolled-out to all 17 regions of the country.

#### Key Informant:

*"Now that we have the Mental Health Act, it will transform the system on how we take care of the patients. Although we are still far to reach equity, we are doing a lot of efforts towards that goal. That's why we focus on the youths, those with HIV, the plan should be gender sensitive..."*

#### Legislation

Mandates that mental health is a fundamental right of all Filipinos and those who require mental health services.

Elements included in policy/plan		Policy	Plan
Components	Primary health care (PHC) integration	Present	Present
	Decentralization	Present	Present
	Hospital integration	Present	Present
	Maternal	Present	Absent
	Child/adolescent	Present	Present
	HIV	Present	Present
	Alcohol/substance use	Present	Present
	Epilepsy	Present	Present
	Dementia	Present	Present
	Promotion/prevention	Present	Present
Equity	Suicide	Present	Present
	Gender	Present	Present
	Age/life course	Present	Present
	Rural/urban	Present	Absent
	Socio-economic status	Present	Present
Vulnerable populations		Present	Present
n/s No data			
Present		Absent	
n/s No data		-- Not assessed	

## Prevalence and Coverage

	Prevalence	Total	Gender ratio		Treatment coverage
Major depressive disorder	1.1%	1,145,871	1.2% females	1.1% males	0.003%
Bipolar disorder	0.2%	520,614	0.2% females	0.5% males	0.03%
Schizophrenia	0.2%	213,422	0.2% females	0.2% males	0.07%
** Alcohol use disorders	0.9%	874,145	0.6% females	1.2% males	n/s
Drug use disorders	0.7%	520,614	0.4% females	1.1% males	0.02%
Epilepsy	0.3%	349,058	0.3% females	0.3% males	0.0006%
Suicide deaths per year	5.4*	5,570	2.5 females	8.2 males*	--

\*rate per 100k; \*\*GBD 2017

## Services

### Human resources

	#	Rate per 100,000
Doctor	18,395	19.9
Nurse	30,172	32.7
Pharmacist	3097	3.4
Neurologist	n/s	n/s
Psychiatrist	551	0.52
Psychologist	932	0.88
Psychiatric nurse	n/s	n/s
MH social worker	1,241	1.17

### Health care facilities

	#	Rate per 100,000
District	2,590	2.5
Pharmacy	n/s	n/s
Health Center	20,065	18.9
In-patient*	740	0.7
Outpatient**	n/s	n/s
Specialist		
Alcohol/substance use	62	0.06

\*Includes general hospitals with psychiatric units and mental health hospitals

\*\*Includes outpatient unit attached to generalist and specialist facilities

### Key Informant:

Key challenges include...the lack of insurance coverages...lack of state subsidies...and limited number of professionals who can provide services.... Added to these challenges include the absence of mapping/ centralized directory of health facilities for referral as well as the lack of training to primary health care physician in identifying early signs of mental illness.

Mental health training	n/s
Primary care integration	1,134 local government units have ≥1 staff trained in mhGAP.
Available psychosocial interventions	MhGAP available in communities and MHPSS during disaster response
Medication summary	Approximately <a href="#">103/133</a> (77%) accredited access sites for MH-Medicines Access Program all over the country have medicines. As of Dec 2019, at least 1 mhGAP-trained HCP per province (80 provinces nationwide) can be accessed/consulted for free medicines. Out of stock medicines in health centers is attributable to current IT capacity of DOH and manual reporting in many RHUs.
Mental health promotion	<b>Promotion:</b> Health Education and Advocacy for midwives and BHWs in health stations, RHUs, schools, workplace, treatment centers. <b>Prevention:</b> Screening and Referral for nurses, midwives and BHWs in health stations, RHUs, PHCs, drug Tx centers. <b>Treatment:</b> Interventions (for HCPs, Physicians) Brief Intervention, Psychoeducation, Medical Services; Referral and Assessment, mhGAP

## Community and Other Sectors

Community	National Anti-Poverty Commission (NAPC), with focus on food, shelter, water, healthcare, work, education, social protection, peace, and environment.
Education	The public education system provides preschool education to more than 12 Million children; mental health topics covered in K-12 and special education programs.
Social Welfare	The Social Reform and Poverty Alleviation Program has specific/tailored projects for certain population groups - artisanal fisherfolk, children/youths/students, cooperatives, farmers and landless rural workers, indigenous peoples and cultural communities, persons with disabilities, urban poor, senior citizens, women, formal labor and migrant workers.
Justice	Juvenile Justice and Welfare Act of 2006; Bureau of Jail Management and Penology (BJMP) on mental health campaign - training for psychometricians

## Monitoring and Evaluation

**National health information system:** **Yes** - The Strategic Plan for Mental Health includes Information Technology; data will be automatically sorted by the Digital Hub (to be lodged at the National Center for Mental Health); As of 1/2020 access sites are monitored and evaluated by announced or unannounced physical visits, by a Monitoring and Evaluation Committee.

**Mental health indicators in health information system:** **Yes** - Depression, Psychosis, Epilepsy, Child and Adolescent Mental Health, Dementia, Substance Abuse, Self-Harm/Suicide