

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Congress of the Philippines
Quezon City

NINETEENTH CONGRESS
Second Regular Session

House Bill No. **9965**



Introduced by **Rep. Mary Mitzi L. Cajayon-Uy**

AN ACT
ESTABLISHING PROGRAMS AND SERVICES FOR THE SUPPORT OF THE
MENTAL HEALTH AND WELLNESS OF TEACHERS, PROVIDING FUNDS
THEREFOR, AND FOR OTHER PURPOSES

EXPLANATORY NOTE

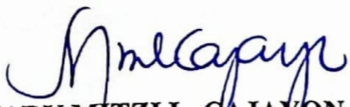
Republic Act No. 11036 or the Mental Health Act provides every Filipino the right to access to mental health services. The said Act intends to develop and establish a national mental health care system, such as promoting mental health in educational institutions and in the workplace.

The teaching profession is indubitably one of the noblest jobs. Despite this, teachers may also find themselves victims of stress and emotional fatigue, taking a toll on their mental health.

Teachers are our nation's heroes as they are the central force that drives our education system. Considering their significant role in society, their welfare and well-being must likewise be given utmost care and support too. Our educators must be physically and mentally healthy in order to effectively facilitate learning and thus produce quality education.

Hence, this bill seeks to strengthen the promotion and delivery of mental health services for teachers.

Approval of this bill is earnestly sought.


REP. MARY MITZI L. CAJAYON-UY
2nd District, Caloocan City

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Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

Section 1. Short Title. This Act shall be known as "The Teachers Mental Health and Wellness Act of 2024."

Section 2. Declaration of Policy. - It is the policy of the State to promote and support the wellbeing of teachers, who play a significant role in the facilitation of education in the country.

Section 3. Programs and Services. - The Department of Education (DepEd), in coordination with the Department of Health (DOH) and the Philippine Mental Health Association, shall establish and promote the following programs and services for the welfare and well-being of teachers:

- a) Regular mental health assessments of the teachers every school semester, conducted by registered and licensed psychologists or related professionals;
- b) Regular counseling sessions for teachers, focusing on stress management, emotional stability, and coping mechanisms;
- c) Stress-reduction programs, such as workshops that teach mindfulness, meditation, relaxation techniques, and time-management;
- d) Access to peer support groups and mentoring programs for teachers, with focus on creating a safe space for expression and collaboration;
- e) Periodic seminars led by mental health professionals to raise awareness and improve understanding about mental health issues among teachers;

- f) Establishment of Mental Health and Wellness Liaisons to assist and connect teachers to mental health care providers as needed, and to monitor the progress of well-being programs within their schools or regions;
- g) Promote work-life balance through the formation of interest-based clubs, sports competitions, and other recreational opportunities; and
- h) Any other programs and services as deemed necessary by the DepEd, the DOH, and the Philippine Mental Health Association.

Section 4. Monitoring and Evaluation - The DepEd, in coordination with the DOH and Philippine Mental Health Association, shall conduct a yearly monitoring and evaluation of the programs and services under this Act.

Section 5. Funding. - The financial assistance necessary for the effective implementation of the programs and services under this Act shall be included in the yearly General Appropriations Act (GAA) under the DepEd and DOH.

Section 6. Implementing Rules and Regulations. - The DepEd and DOH shall promulgate the necessary rules and regulations to implement the provisions of this Act within ninety (90) days upon its effectivity.

Section 7. Separability Clause. - Any portion or provisions of this Act that may be declared unconstitutional or invalid and shall not have the effect of nullifying other portions or provisions hereof as long as such remaining portions or provisions can still subsist and be given effect in their entirety.

Section 8. Repealing Clause. All laws, executive orders, decrees, instructions, rules and regulations contrary to or inconsistent with any provision of this Act are repealed and amended accordingly.

Section 11. Effectivity. This Act shall take effect fifteen (15) days after its publication in the Official Gazette or in any newspaper of general circulation.

Approved,