

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

NINETEENTH CONGRESS
Third Regular Session

HOUSE BILL No. 10933



Introduced by Representative CAMILLE A. VILLAR

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

Article II, Section 15, of the 1987 Philippine Constitution provides:

"The State shall protect and promote the right to health of the people and instill health consciousness among them."

Whereas, Section 2 of Republic Act No. 11036, or the Mental Health Act, provides that the State affirms the basic right of all Filipinos to mental health as well as the fundamental rights of people who require mental health services. The State commits itself to promoting the well-being of people by ensuring that: mental health is valued, promoted and protected; mental health conditions are treated and prevented; timely, affordable, high-quality, and culturally-appropriate mental health care is made available to the public; mental health services are free from coercion and accountable to the service users; and persons affected by mental health conditions are able to exercise the full range of human rights, and participate fully in society and at work, free from stigmatization and discrimination.

Whereas, the mental health of our teachers greatly affects their effectiveness, not only in their personal lives but also, and most importantly, in their functions in molding our students. The teacher's collective health influences our student's overall development.

This bill seeks to provide holistic support to all educators in the country, recognizing the crucial role they play in nation-building. The bill shall ensure that teachers' mental, emotional, and psychological well-being is given the same importance as their professional development, as their welfare directly affects the quality of education.

As such, the immediate approval of this measure is urgently sought.

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

Section 1. *Short Title.* - This Act shall be known as "*Teacher's Mental Health and Wellness Act*".

Sec. 2. *Declaration of Policy.* - It is the policy of the State to provide holistic support to all educators in the country, recognizing the crucial role they play in nation-building. The State shall ensure that teachers' mental, emotional, and psychological well-being is given the same importance as their professional development, since their welfare directly affects the quality of education.

Sec. 3. *Programs and Services.* - The Department of Education (DepEd), Commission on Higher Education (CHED) and Technical Education and Skills Development Authority (TESDA), 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, CHED, TESDA, DOH, and the Philippine Mental Health Association.

In line with Republic Act No. 11036, otherwise known as the "Mental Health Act", all educational institutions shall ensure that the foregoing programs and services are integrated and established in their respective institutions. These educational institutions shall likewise coordinate with the DepEd, CHED, TESDA, DOH and the Philippine Mental Health Association for the development of appropriate policies and adoption of strategies to promote mental health among their teaching personnel.

Sec. 4. *Monitoring and Evaluation* – The DepEd, CHED and TESDA, 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.

Sec. 5. *Funding*. - The financial assistance necessary for the effective implementation of the programs and services under this Act shall be included in the annual general appropriations of the DepEd, CHED, TESDA and DOH.

Sec. 6. *Implementing Rules and Regulations.* - The DepEd, CHED, TESDA and DOH, in consultation with relevant stakeholders, shall promulgate the necessary rules and regulations to implement the provisions of this Act within ninety (90) days upon its effectivity.

Sec. 7. *Separability Clause.* - Any portion or provisions of this Act that may be declared unconstitutional or invalid 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.

Sec. 8. *Repealing Clause.* - All laws, presidential decrees, executive orders, memoranda, circulars, and other issuances, or parts thereof, which are inconsistent with the Act, are hereby repealed or modified accordingly.

Sec. 9. *Effectivity Clause.* - This Act shall take effect fifteen (15) days after its publication in at least two (2) newspapers of general circulation.

Approved,