

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

Twentieth Congress
First Regular Session

HOUSE BILL NO. 2231



Introduced by **Hon. Charisse Anne C. Hernandez**

EXPLANATORY NOTE

Section 2 of Republic Act No. 11036 or The Mental Health Act of 2018 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 Solo Parents' Welfare Act (Republic Act No. 8972) in the Philippines offers certain protections and advantages to single parents; nonetheless, there may be situations in which particular benefits or groups of single parents are not specifically mentioned or covered in full. One of which is the limited emphasis on the mental health and emotional support of solo parents, which is a significant challenge many face while raising children alone. While there are provisions for parental guidance and counseling, these may not always be adequately available or widely promoted.

Thus, the proposed measure aims to create mental health programs and services for solo parents to help them cope with the emotional and psychological challenges of raising their children alone. Acknowledging that solo parenting can be highly stressful, often leading to feelings of isolation, anxiety, and burnout, it is crucial to incorporate mental health support into the current welfare programs for solo parents.

In view of the foregoing, the approval of this bill is earnestly sought.


CHARISSE ANNE C. HERNANDEZ
Lone District, Calamba City

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

*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 “*Solo Parents Mental Health and
Wellness Act*”

SEC. 2. *Declaration of Policy.*- It is the policy of the State to promote the family as the
foundation of the nation, strengthen its solidarity and ensure its total development. Towards this
end, it shall provide holistic support to all solo parents in the country. The State shall ensure that the
mental, emotional, and psychological well-being of a solo parent is given importance.

SEC. 3. *Programs and Services.* - The Department of Social Welfare and Development
(DSWD) and the Philippine Mental Health Association, shall establish and promote the following
programs and services for the welfare and well-being of solo parents:

- (a) Regular mental health assessments of solo parents every year, conducted by
registered and licensed psychologists or related professionals;
- (b) Regular counseling sessions for solo parents, 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, 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 solo parents;
- (f) Any other programs and services deemed necessary by the Department of Social Welfare and Development, and the Philippine Mental Health Association.

SEC 4. *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 DSWD.

SEC 5. *Implementing Rules and Regulations-* The DSWD shall promulgate the necessary rules and regulations to implement the provisions of this Act within (90) days upon its effectivity.

SEC. 5. *Separability Clause.*- If any provision of this Act is declared invalid or unconstitutional, the other provisions, not affected thereby, shall remain valid and subsisting.

SEC. 6. *Repealing Clause.*- All other laws, presidential decrees, executive orders, proclamations and administrative regulations which are inconsistent with the provisions of this Act are hereby amended, modified, superseded, or repealed accordingly.

SEC. 7. *Effectivity.*- This Act shall take effect fifteen (15) days after its publication in the Official Gazette or in a newspaper of general circulation.

Approved.