

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

TWENTIETH CONGRESS
First Regular Session

HOUSE BILL NO. 9146



Introduced by: Kababaihan Kabalikatan para sa Kapakanan at Kaunlaran ng Bayan (4K) Party-list
Representative Iris Marie D. Montes

AN ACT

MANDATING THE NATIONAL YOUTH COMMISSION TO FORMULATE, IMPLEMENT, AND MONITOR A NATIONAL YOUTH MENTAL HEALTH STRATEGY, AND APPROPRIATING FUNDS THEREFOR

EXPLANATORY NOTE

Mental health is a fundamental component of overall well-being, particularly among the youth who face increasing pressures from academic demands, economic uncertainty, social media exposure, and climate-related anxieties. Although Republic Act No. 11036 institutionalized a national mental health policy framework, there remains a gap in youth-specific, coordinated, and sustained interventions.

The National Youth Commission, as the primary policy-making body for youth affairs under Republic Act No. 8044, is best positioned to lead a unified and strategic response to youth mental health concerns.

This bill, which is pursuant to the recommendations of the University of the Philippines Center for Integrative and Development Studies¹, seeks to mandate the NYC to formulate, implement, and monitor a National Youth Mental Health Strategy (NYMHS) that integrates services across education, health, community, and digital platforms, ensuring accessible, inclusive, and rights-based mental health support for all Filipino youth.

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

IRIS MARIE D. MONTES

Kababaihan Kabalikatan para sa Kapakanan
at Kaunlaran ng Bayan (4K) Party-list

¹ RA 8044: Why Youth Policy Needs Reform: Assessing the Youth in Nation-Building Act, Bonn Francis A. Mendoza, University of the Philippines Center for Integrative and Development Studies, Policy Brief 2026-01

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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 the “National Youth Mental Health Strategy Act.”

SEC. 2. *Declaration of Policy.* - The State recognizes the vital role of the youth in nation-building and shall promote and protect their physical, moral, spiritual, intellectual, and social well-being. Towards this end, it shall promote and protect the mental health and psychosocial well-being of Filipino youth and empower youth participation in the design, implementation, and evaluation of mental health initiatives.

SEC. 3. *National Youth Mental Health Strategy.* - The National Youth Commission (NYC) shall formulate, implement, and monitor a National Youth Mental Health Strategy (NYMHS) within one (1) year from the effectivity of this Act.

The NYC shall lead and coordinate the implementation of the NYMHS across national and local government agencies, in coordination with the Department of Health (DOH), Department of Education (DepEd), and Commission on Higher Education (CHED).

It shall ensure the integration of mental health programs in youth development initiatives; establish mechanisms for youth participation, including consultations and advisory councils; develop and maintain a centralized data system on youth mental health indicators; and monitor and evaluate the implementation and impact of the NYMHS.

SEC. 4. *Components of the National Youth Mental Health Strategy.* - The NYMHS shall encompass youth-specific service standards, school-based programs, and crisis intervention systems, and workforce development.

The NYMHS shall include, but not be limited to, the following components:

(a) Mental Health Promotion and Awareness Programs;

- (b) School- and Community-Based Mental Health Services;
- (c) Digital and Tele-Mental Health Platforms;
- (d) Capacity Building for Youth Workers and Peer Counselors;
- (e) Crisis Intervention and Suicide Prevention Programs;
- (f) Research and Data Collection Initiatives; and

(g) Programs for vulnerable and marginalized youth, including out-of-school youth, indigenous peoples, LGBTQIA+ youth, and youth in conflict with the law.

SEC. 5. *Integration of the NYMHS.* - The NYC shall ensure that the NYMHS is incorporated in the government's sectoral policies, plans, programs, and guidelines.

The NYC shall encourage local government units (LGUs) to localize and implement the NYMHS.

SEC. 6. *Youth Participation.* - The NYC shall ensure meaningful youth participation in all stages of the NYMHS, including planning, implementation, and evaluation.

SEC. 7. *Annual Reports.* - The NYC shall submit an annual report to the President of the Philippines, the Senate President, the Speaker of the House of Representatives, and the Chairpersons of the Senate Committee on Youth, and the House Committee on Youth and Sports Development, which shall include, among others, the impact of the strategy as well as other matters related to the exercise of its functions as enumerated under this Act.

SEC. 8. *Appropriations.* - The amount needed for the initial implementation of this Act shall be charged against the current year's appropriations of the NYC. Thereafter, such sums as may be necessary for the implementation of this Act shall be included in the annual General Appropriations Act.

SEC. 9. *Separability Clause.* - If any provision of this Act is held to be invalid or unconstitutional, the provisions not otherwise affected shall remain valid and subsisting.

SEC. 10. *Repealing Clause.* - All laws, decrees, executive orders, rules and regulations and other issuances or parts thereof which are inconsistent with the provisions of this Act are hereby repealed, amended or modified accordingly.

SEC. 11. *Effectivity Clause.* - This Act shall take effect after fifteen (15) days from its publication in the Official Gazette or in a newspaper of general circulation.

Approved,