



December 7, 2023

**MEMORANDUM**

**FOR : The OIC, Regional Executive Director**  
**DENR, MIMAROPA Region**

**THRU : The Assistant Regional Director for Management Services**

**FROM : The OIC-PENR Officer**

**SUBJECT : LETTER OF REQUEST OF FORESTER I MARY ROSE L. BORREO**

This pertains to the letter of Forester I Mary Rose L. Borreo, Office-In-Charge of Survey and Mapping Unit under the Regulation and Permitting Section (RPS), dated December 1, 2023, originally addressed to the undersigned, copy furnished your office, and containing several issues involving alleged unlawful acts committed against her by Cartographer, Engr. Bernard A. Molbog; both individuals are employees of the PENRO Marinduque.

In relation to this matter, necessary measures and investigations within our Office's ambit of jurisdiction had already been taken so as to appropriately resolve the abovementioned case. Both parties had already been notified regarding the status of the dispute, corresponding legal remedies and consequences. Last December 4, 2023, as per our Office's request, Engr. Molbog personally explained himself before us in connection to the accusation against him. He also tendered a letter addressed to the undersigned in reply to the Notice to Explain sent to him by the office embodying his apologies for his actions against Forester I Borreo and his willingness to face the legal repercussion/s of his misbehaviour.

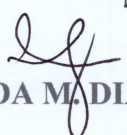
As for Forester I Borreo, letters had already been provided to her addressing her concerns and requests, clarifying certain legal issues and claims she pointed out in her two separate correspondence. The PENRO Marinduque respects both parties' constitutional rights to due process and equal protection of laws hence, the one who alleges has the burden to prove the same with sufficient and convincing evidence.

Further, this Office is endorsing Forester I Borreo's potential re-assignment to your Office, suggesting that she carry out her tasks and obligations at the DENR-PENRO Marinduque while working from home under a Work from Home arrangement with your Office.

With this, rest assured that our Office shall resolve this issue diligently and impartially, all in accordance with the power vested upon it by law, taking into consideration the DENR Rules and Regulations, and the principle of justice, equity, and fair play.

Attached herein are letters of Forester I Mary Rose Borreo, the PENRO Marinduque's replies to both the letters, the letter of Engr. Bernard A. Molbog, and other relevant documents for your perusal.

For information and further instruction.

  
**IMELDA M. DIAZ**





December 4, 2023

**MARY ROSE L. BORREO**

Forester I

DENR-PENRO Marinduque

Boac, Marinduque

Dear Forester Borreo,

This Office hopes that you are doing well. This is in relation to the letter you sent dated December 1, 2023, providing clarifications with regard to the issue that occurred between you and Engr. Bernard A. Molbog and your appeal to reconsider your request to be transferred to the DENR MIMAROPA Regional Office due to the unfortunate incidents involving inappropriate, disrespectful, grave false accusations, and harassment allegedly committed by Engr. Molbog against you.

First, in response to your request to be transferred to the DENR MIMAROPA Regional Office, we would like to reiterate that a transfer of an employee is inherently a managerial prerogative and it cannot be decided immediately without a complete assessment and determination that such transfer is made for the interest of public service and is based on a justifiable reason. Thus, the decision on whether to grant or deny an employee's request to be transferred purely depends upon the determination of the necessity, legality, and reasonableness of such transfer in compliance with due process.

In connection with this, the Office continues to conduct its investigation with regard to the incidents that have transpired between you and Engr. Molbog as these allegations are what you are basing of as a ground for your transfer to the DENR MIMAROPA Regional Office. Thus, please be informed that in pursuit of the investigation and in determining the appropriate action to be taken with the issue at hand, this Office has conducted a hearing or meeting with Engr. Molbog on December 4, 2023, at 11:21 am. During the hearing, this Office discussed with him the letter he sent dated December 1, 2023, in reply to the Notice to Explain sent to him by the Office, as attached herein. Further, he stated that he is willing to make amends with the actions that he has done and is willing to have a formal conversation with you in order to settle the issue between the two of you, privately. This Office also informed him of the legal consequences that he may suffer if he continues to perform acts that are not in compliance with the highest standard of conduct and ethics expected of a public officer.

Second, as for the issue of harassment allegedly committed by Engr. Molbog, this Office would like to inform you that your use of the Anti-Violence Against Women Act (R.A. 9262) is misplaced. Please note that this law is applicable only if the parties involved have or had a dating or sexual relationship. Thus, considering that no dating or sexual relationship exists or has existed between you and Engr. Molbog, this law is inapplicable to the issue at hand. Further, considering that the alleged acts of harassment was committed by Engr. Molbog outside of the workplace and no new acts of harassment were committed by him in the office, the said incident is no longer within the purview of authority of this Office. This Office however may endeavour to rectify the strained relationship between you and Engr. Molbog that the issue at hand has caused, hence the continuous investigation being conducted by this Office in order to provide an appropriate measure to this issue.

This Office would also like to emphasize that **we do not condone nor tolerate any unlawful acts performed by its employees that are unbecoming of a public officer and acts of harassment that are committed by its employees against any person in any manner in the**





**workplace.** This Office takes reports of such acts seriously. Thus, in handling issues involving the said unlawful acts performed by its employees, this Office addresses the same with justice, impartiality, and due process in mind that the person/s involved, regardless of age, sex, gender identity or orientation, rank, and status, are treated with respect, fairness, and equality. With the issue at hand, trust that the Office is conducting its neutral and thorough investigation of the events surrounding the alleged issue to protect the victim and impose the appropriate penalty on the offender if the necessity arises.

Third, as for your failure to acquire a certification from a competent Medical Health Professional to certify and to serve as evidence that indeed the instances that occurred have left you mentally abused and traumatized, this Office understands your financial situation however, due to lack of evidence to prove your contention, we cannot, due to our lack of medical expertise, conclude that you are indeed suffering from a mental health condition. Nevertheless, this Office would like to suggest that you inquire with Doctor Jonani L. Sajo, a Psychiatrist at the Marinduque Provincial Hospital, as he provides free counseling, consultation, and diagnosis of mental health conditions. Further, we have attached here a list of agencies and medical institutions that provide the same services for free. This is the Office's way of promoting and ensuring that your general well-being, especially your alleged mental health condition, is given utmost importance despite financial hurdles.

Accordingly, this Office is committed to providing you with a conducive and harmonious work environment that caters not only to an employee's work performance but also to their well-being in the best interest of both the management and the employee. As a part of legal procedure of our Office, this matter shall be brought to the office of the Regional Executive Director (RED) of DENR-MIMAROPA to be addressed accordingly. Further, in line with the situation that you are facing and to help alleviate your alleged mental health condition, the Office will endorse with the RED your temporary re-assignment to the Regional Office, with particular work arrangements, but the ultimate decision to grant or deny such suggestion shall rest with the RED.

Lastly, rest assured that this Office is conducting its unbiased and thorough investigation to resolve the conflict between you and Engr. Molbog which is done through legal measures and in compliance with the constitutional right of every citizen to due process.

God bless.

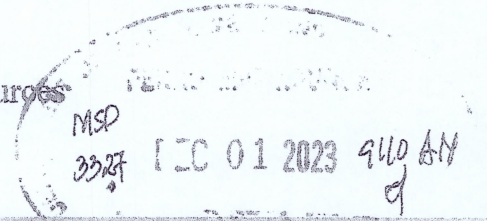
Very truly yours,

  
**IMELDA M. DIAZ**  
OIC, PENRO Officer





Republic of the Philippines  
Department of Environment and Natural Resources  
**PENRO MARINDUQUE**



December 1, 2023

**IMELDA M. DIAZ**  
OIC-PENR Officer  
Brgy, Bangbangan, Boac,  
Marinduque

Dear Madam:

I hope this message finds you well. I am writing to express my sincerest apologies for my misconduct behavior on August 28, 2023 via private chat on messenger using bad word to For. Mary Rose L. Borreo and on the same date I already apologized to her but she didn't reply due to her anger and I went to the Boac Fire Station near to her apartment on the next day morning on August 29, 2023, 7:30 AM and my intention is to make amend by sincerely apologizing to her.

I understand and acknowledge that my actions may have caused for disrespectful and false accusations. My intention was not to bring about such outcomes, but I recognize that the situation has resulted in worsening the mental health of For. Mary Rose L. Borreo.

This situation was taught me to respect other people specially my unit head. I realized now that I should have control my stress to avoid such a situation. I assure you that moving forward, I will strive to take more considerate actions and decisions to prevent similar situations from happening again.

Please understand that my intention was never to let her down. I highly value my role and responsibilities within our unit and I understand that as an integral part of it, my actions and decisions affect not just myself, but the unit and the Office.

I assure of my dedication to our unit, to the Office and my commitment to improve and grow from this situation. I value her leadership and will do my best to earn back any trust that may have been lost due to this incident.

Thank you for taking the time to read this letter. I am ready to face any consequences that my actions may have caused and to work diligently towards rebuilding our professional relationship.

Sincerely,

  
**BERNARD A. MOLBOG**



November 22, 2023

MARY ROSE L. BORREO  
Forester I  
DENR-PENRO Marinduque  
Boac, Marinduque

Dear Forester Borreo,

This Office hopes that this letter finds you well!

This is in reference to the letter you sent to this Office dated October 16, 2023, regarding your request to be transferred to DENR MIMAROPA Regional Office due to the allegedly inappropriate, disrespectful, and grave false accusations made by Engr. Bernard Molbog against you in which you further alleged that the said incidents led to the worsening of your mental health.

We appreciate that you have approached us regarding this matter and we would like to inform you that we have taken action with regard to this issue by separating the complainant from Mr. Molbog, the person being complained of, in their workspace, by keeping your complaint confidential, and by setting up an appropriate action against Mr. Molbog.

As to your request to be transferred, this Office would like to apprise you that the power to transfer employees from one unit/department/agency to another is an inherent managerial prerogative and thus it is subject to the employer's discretion in determining the legitimacy of the purpose, necessity, and legality of such transfer. Further, it is provided under CSC Circular Memorandum No. 38, s. 1993, Item No. II, No. 5 (a) (4) that an employee seeking to be transferred to another office shall first secure permission from the head of the department or agency where he is employed. In consonance with the above-mentioned laws, this Office cannot therefore make an immediate decision to grant an employee's request to be transferred or re-assigned without any justifiable reason and without complying with due process.


Thus, in furtherance of the investigation being conducted by this Office and in relation to Sec. 4 (k) of the Mental Health Act [R.A. 11036], which defines a Mental Health Condition as a neurologic or psychiatric condition wherein its determination should be based on scientifically-accepted medical nomenclature and medical evidence, we would like to request from you a Medical Certification from a competent Medical Health Professional certifying that you are indeed suffering from a mental health condition. Such certification would serve as evidence of your mental health condition and would aid this Office in deciding on what action must be taken to proceed in resolving the matter at hand.

Rest assured that this Office is conducting its thorough investigation to better determine the appropriate measure or action to be taken in resolving the conflict.

God bless.

Very truly yours,

  
IMELD M. DIAZ  
OIC, PENRO Officer

  
11/28/23  
MARY ROSE BORREO



November 23, 2023

BERNARD MOLBOG  
Cartographer I  
DENR-PENRO Marinduque  
Boac, Marinduque

Subject : NOTICE TO EXPLAIN

Dear Mr. Molbog,

This is in reference to the letter sent by For. Mary Rose L. Borreo dated October 16, 2023, claiming that you have allegedly made inappropriate, disrespectful, and grave false accusations against her in which such incidents led to the worsening of her mental health.

This Office would like to remind you that under Section 2 and Section 4, par. A (a), (b), and (c) of the Code of Conduct and Ethical Standards for Public Officials and Employees (R.A. 6713), a public officer and employee who fails to uphold public interest over personal interest and further fails to act with the highest standard of conduct and ethics expected of a public officer and employee may be held liable for an administrative offense.

Nevertheless, in compliance with Section 28 (b) of the Civil Service Act of 1959 which states the right of an employee to present their complaints and/or grievances to the management and have them adjudicated as expeditiously as possible in the best interest of the agency, this Office would like to request you to submit your written explanation to the claims alleged against you as described or narrated by the letter attached herein, within 72 hours from the date that this Notice was served upon you.

In the meantime, this Office orders you to desist from performing further acts that may aggravate the current issue.

This Notice consists of one (1) page(s), plus attachments.

Kindly give this matter your priority attention.

Very truly yours,

  
IMELDA M. DIAZ  
OIC, PENR Officer



ACKNOWLEDGMENT RECEIPT OF NOTICE:

Signature Over Printed Name: 11-28-2023 10:27 PM

BERNARD A. MOLBOG





Republic of the Philippines  
Department of Environment and Natural Resources  
**PENRO MARINDUQUE**

December 12, 2023

**MARY ROSE L. BORREO**

Forester I  
Brgy, Bangbangalon, Boac,  
Marinduque

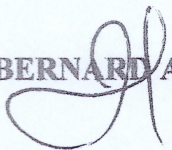
Dear Ms. Borreo:

I am writing to express my sincerest apologies for misconduct behavior to you. I understand that my private chat to you was wrong and I take full responsibility for my mistake. On August 29, 2023, I went to the Boac Fire Station near to your apartment and my intention is to make amend by sincerely apologize to you. I can assure you that it won't happen again.

I regret my action and any pain or inconvenience they may have caused to you. I understand that my misconduct behavior was inappropriate and I am sorry for any distress I may have caused.

Please accept my apology and know that I am truly sorry for my mistake.

Sincerely,

  
**BERNARD A. MOLBOG**

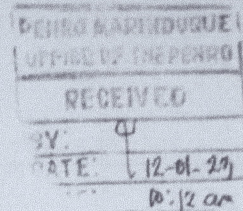
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OIC-PENR Offfier



December 1, 2023

IMELDA M. DIAZ  
OIC, PENR Officer  
DENR PENRO Marinduque  
Boac, Marinduque



Thru: GEMMA P. DELOS REYES  
In-Charge, Management Services Division

Dear Madam:

I trust this letter finds you well. I am writing in connection with your letter dated November 22, 2023 which was received by the undersigned on November 28, 2023, at 10:35 A.M. Firstly, allow me to express my gratitude for your prompt attention to this matter.

I would like to take the opportunity to submit some clarifications and appeal concerning my request for a transfer to the DENR MIMAROPA Regional Office. The basis for this request stems from unfortunate incidents involving inappropriate, disrespectful, and grave false accusations, as well as harassment, made by Engr. Bernard A. Molbog. These incidents have transpired through online messaging platforms and, regrettably, extended to stalking outside my rental apartment in Barangay Santol, Boac, Marinduque. I believe that fostering a respectful and conducive working environment is essential for both personal and professional growth. Inopportune, the aforementioned incidents have adversely affected my well-being and work performance, necessitating my appeal for a transfer to a more secure and supportive work environment.

The undersigned would like to offer some clarifications regarding the actions taken concerning the issue at hand. First and foremost, it is important to note that the following:

1. **The initiative to have separate working stations was taken by the undersigned and not by this office.** Despite bringing the matter to the attention of the Chief of Regulation and Permitting Section and the Chief of Technical Services Division, there has been no discernible action, as Engr. Molbog continues to work within the Survey and Mapping Unit.
2. **Harassment by the said colleague was taking place as explicitly stated in the letter dated October 26, 2023.** However, it seems that this crucial information may have been overlooked during the evaluation of the situation. It is crucial to emphasize that our office actively promotes a sound and safe environment, aligning with our commitment to combat Violence Against Women (VAW) as part of our advocacy.
3. **The undersigned firmly believes that everyone in public service should uphold the principles stated in Section 1, Article XI of the 1987 Constitution: "PUBLIC OFFICE IS A PUBLIC TRUST".** It underscores the importance of public officers and employees being held accountable to the people, serving with utmost responsibility, integrity, loyalty, and efficiency, and acting with patriotism and justice while leading modest lives. Additionally, public officers or employees who fail to adhere to the standards of conduct and ethics may be held liable for administrative offenses.

As I reflect on the letter dated November 22, 2023, I find myself wondering why the issue of harassment has not been directly addressed, and I feel compelled to reiterate the incident. I want to bring to your attention that the harassment incident happened on August 29, 2023, at around 8:00 in the morning, just outside my rental apartment. During this incident, he intentionally stopped and got in the way of the tricycle, attempting to forcefully engage in a conversation. This behavior blatantly infringes upon Section 5 (h) of Republic Act No. 9262, approved on March 08, 2004 which specifies:

*"Engaging in purposeful, knowing, or reckless conduct, personally or through another, that alarms or causes substantial emotional or psychological distress to the woman or her child. This shall include, but not be limited to, the following acts:*

- (1) Stalking or following the woman or her child in public or private places;
- (5) Engaging in any form of harassment or violence;



Moreover, Engr. Molbog's behavior also run contrary to Republic Act No. 6713, known as the "Code of Conduct and Ethical Standards for Public Officials and Employees." Despite any apologies extended, I find it challenging to easily forgive such actions. It is my sincere belief that accountability for one's wrongdoings is essential, ensuring that such incidents are appropriately addressed and prevented in the future.

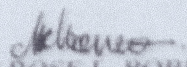
A positive and harmonious working environment is one where every individual is treated with dignity and respect, free from any form of harassment. Inappropriately, in the Survey and Mapping Unit, this atmosphere of harmony seems to be lacking, affecting the smooth flow of document procedures and referrals. For instance, I often find myself needing to involve a third party to convey my instructions to Engr. Molbog, and regrettably, there are instances where compliance was not met, which has led to misunderstandings. Additionally, some referrals are directly instructed to him, yet, as the In-Charge of the Survey and Mapping Unit, I remain unaware of the responses or actions that Engr. Molbog has taken. There is a noticeable absence of initiative from him in keeping me informed about referrals, requests, and other land public transactions related to our unit even before the incident occurred. To manage this challenging situation and minimize daily interactions with Engr. Molbog, I have taken the step of working and be stationed at the National Greening Program Office under the Conservation and Development Section.

It is widely recognized that only qualified Medical Health Professionals are equipped to diagnose and treat mental health conditions, employing various therapeutic approaches, counseling, and, when necessary, prescribing medications. Following discussions with my sister, who holds a Bachelor of Science in Psychology, it came to my attention that certifications are typically granted to those experiencing severe mental health conditions. Hence, for those who are not, counseling is often a recommended approach to overcome mental health challenges. Please be informed that I am beyond grateful to have a strong support system within my family, who unceasingly provides a listening ear and an open heart for any challenges I am currently facing. Considering my circumstances, and in consultation with my family, they advised that while I do face challenges and in order to vent out my emotions in relation to my trauma, seeking professional psychological help might not be financially feasible at the moment. Given this context, the undersigned regret to inform you that a certification as evidence of my mental health condition cannot be provided.

While I am blessed to have people I can trust with whom I can share my feelings, the daily struggle to overcome worries and fears about this matter remains challenging. Every encounter with Engr. Molbog leaves me feeling uneasy and scared, as I always fear potential harm from him. This is the primary reason behind writing this letter— **I ASPIRE TO HAVE A SECURE WORKPLACE WHERE I CAN WHOLEHEARTEDLY DEDICATE MYSELF TO WORK AND PERFORM AT MY BEST, A FUNDAMENTAL RIGHT THAT WE ALL DESERVE.**

Given the difficulties this situation has posed, and with the collective well-being in mind, I am kindly requesting a **RECONSIDERATION** for a transfer to the DENR MIMAROPA Regional Office. Your support in providing a conducive work environment will hold an immense value for me.

Thank you for your understanding.

  
MARY ROSE L. BORREO  
Forester I

Copy furnished  
FELIX S. MIRASOL, JR., CESO IV  
OIC, Regional Executive Director  
DENR MIMAROPA Region



## **GUIDANCE AND COUNSELING OFFICE**

# **LIST OF EXTERNAL REFERRAL AGENCIES**



SOURCE: <http://www.silakbo.ph/help/>  
Last updated: February 2, 2020

LOCAL	
New National Center for Mental Health (NCMH) Crisis Hotlines	0917 899 8727 (USAP) and 989 8727 (USAP)
Natasha Goulbourn Foundation (NGF)	(02) 804-HOPE (4673), 0917 558 HOPE (4673) or 2919 (toll-free for GLOBE and TM subscribers)  <a href="http://www.ngf-hope.org/">http://www.ngf-hope.org/</a>
Manila Lifeline Centre (MLC)	(02) 8969191 or 0917 854 9191  <a href="https://www.lifeline.org.au/about-lifeline/about-lifeline-overview">https://www.lifeline.org.au/about-lifeline/about-lifeline-overview</a>
In Touch Community Services Crisis Lines	Relationship problems, addiction, abuse, other emotional problems.  +632 893 7603, 0917 8001123 (Globe subscribers), 0922 8938944 (Sun subscribers).  Email at <a href="mailto:crisisline@i-manila.com.ph">crisisline@i-manila.com.ph</a> .  <a href="https://www.in-touch.org/crisis-line.html">https://www.in-touch.org/crisis-line.html</a>
Living Free Foundation	Addiction, individual and marital counseling.  0917 322 7087  Email at <a href="mailto:livingfreefoundation@gmail.com">livingfreefoundation@gmail.com</a> .
Mood Harmony	Makati Medical Center's mood disorder support group.  (02) 844-2941
Dial-a-Friend	(02) 5251743 or (02) 5251881.
UGAT Foundation	Psychospiritual Counseling.  (02) 426 5992; (02) 426 6001 loc. 4872-73  <a href="mailto:ugat@admu.edu.ph">ugat@admu.edu.ph</a>
700 Club Asia	Prayer and counseling services via chat and Skype.  (02) 737 0700; 1 800 1 888 8700 (toll-free); 0949 888 8001; 0925 300 3000; 0917 406 5001  Skype: the700clubasia  <a href="https://cbtnasia.org/mediacenter/">https://cbtnasia.org/mediacenter/</a>

Last collated: April 8, 2020



Recovery Hub Philippines	<p>A Cebu-based mental health platform that offers Psychiatric Consultations with licensed Filipino doctors through video conference online</p> <p><a href="https://app.recoveryhub.ph">https://app.recoveryhub.ph</a> <a href="https://www.facebook.com/recoveryhubph/">https://www.facebook.com/recoveryhubph/</a></p>
CENTERS AND FOUNDATIONS	
National Center for Mental Health	<p>Mental Health concerns and services.</p> <p>0949 143 6425; 0915 792 6889; 0922 241 3855; (02) 531 9001 loc. 283.</p>
PsychConsult Inc.	<p>Located at Cubao, Quezon City.</p> <p>+632 421 2469 / +632 357 6427 / +63917 808 0193</p>
Philippine Psychiatric Association	<p>Located at Ortigas Center, Pasig City.</p> <p>(02) 635-9858</p> <p><a href="http://philippinepsychiatricassociation.org/psychiatrist/">http://philippinepsychiatricassociation.org/psychiatrist/</a></p>
Philippine Mental Health Association (PMHA)	<p>HQ located at Quezon City, with chapters at Bacolod-Negros Occidental, Baguio-Benguet, Cabanatuan-Nueva Ecija, Cagayan de Oro-Misamis Oriental, Cebu, Dagupan-Pangasinan, Davao, Dumaguete-Negros Oriental, and Lipa-Batangas.</p> <p>HQ Contact Numbers: +632-921-4958 and +632-921-4959.</p> <p><a href="http://www.pmha.org.ph/">http://www.pmha.org.ph/</a></p>
National Center for Mental Health (NCMH)	<p>Mental health concerns and services.</p> <p>Located at Mandaluyong.</p> <p>0949 143 6425; 0915 792 6889; 0922 241 3855; (02) 531 9001 (connecting all departments)</p> <p><a href="http://www.ncmh.gov.ph/">http://www.ncmh.gov.ph/</a></p>
Jaime C. Bulatao, SJ Center for Psychology Services (Bulatao Center)	<p>Located at Ateneo de Manila University, Quezon City.</p> <p>(632) 426-6001</p> <p>For a full list of their counseling, clinical, community and training services, please visit their website: <a href="http://ateneobulataocenter.com/">http://ateneobulataocenter.com/</a></p>
Amang Rodriguez Memorial Medical Center	<p>Located at Juan Sumulong Highway, Marikina. Provides basic consulting and brief psychotherapeutic techniques.</p> <p>Consulting Hours are 8 am – 5 pm (Monday to Friday,</p>



	<p>excluding non-working holidays and work cancellations)</p> <p>Registration Hours/Cut-off: AM Sessions – 8 to 10 PM.</p> <p>(02) 941-6289</p>
Eastern Visayas Regional Medical Center Department of Psychiatry	<p>Located at Magsaysay Blvd. Tacloban City.</p> <p>Consultation Hours: 8 am – 5 pm Monday to Friday except for Thursday. AM for old patients, PM for new patients.</p> <p>Free, however, one must have registered/had a medical card from New EVRMC Cabalawan before availing of the services.</p>
Center for Psychological Extension and Research Services (COPERS)	<p>Located at Ateneo de Davao University, E. Jacinto St., Davao City</p> <p>(082) 221-2411 local 8273</p>
Prescription Psychiatrists and Psychologists	<p>Outpatient Psychiatry, CBT, Behavioural Therapy, Marriage Counselling.</p> <p>Located at Unit 2511A Centuria Medical Makati Kalayaan Ave. cor. Salamanca St., Brgy Poblacion, Makati. +63 2 8630655 or <a href="mailto:clinic@prescriptionpsychiatrists.com.ph">clinic@prescriptionpsychiatrists.com.ph</a>.</p> <p><a href="https://www.prescriptionpsychiatrists.com.ph">https://www.prescriptionpsychiatrists.com.ph</a></p>
Ateneo Center for Family Ministries Foundation (CEFAM)	<p>Family and individual counseling via a Psycho-Spiritual approach. Affordable/Pay what you want.</p> <p>Located at Ateneo de Manila University.</p> <p>Contact them at 426-4289 up to 92</p> <p><a href="http://www.ateneo.edu/center-family-ministries-foundation">http://www.ateneo.edu/center-family-ministries-foundation</a></p>
In Touch Community Services	<p>Located at McKinley Rd, Makati City. Offers professional counseling (adults, children and families of Filipinos and expatriates), has subsidized counseling options. Offers psychological testing, as well.</p> <p>(02) 893 1893</p> <p><a href="https://www.in-touch.org/">https://www.in-touch.org/</a></p>
Reintegration for Care and Wholeness Foundation, Inc. (RCW)	<p>Located at Varsity Hills. Loyola Height, Quezon City</p> <p>(02) 436 0710</p> <p>For the full list of counseling services offered, please visit their website: <a href="https://rcwcares.org/RCWFI%20Services.html">https://rcwcares.org/RCWFI%20Services.html</a></p>



Door of Hope Counseling Center	<p>Located at Makati. Individual, couples and family Psycho-Spiritual counseling, as well as retreats.</p> <p>(02) 867 1961</p> <p><a href="https://www.facebook.com/Door-of-Hope-Counseling-Center-421230694590441/">https://www.facebook.com/Door-of-Hope-Counseling-Center-421230694590441/</a></p>
Graymatters Psychological Center	<p>Located in Madrigal, Alabang</p> <p>+639177096961</p> <p><a href="https://www.facebook.com/graymattersphilippines/">https://www.facebook.com/graymattersphilippines/</a></p>
Espada Psychological Consultancy	<p>Located in Angeles City, Pampanga: three multidisciplinary professional psychologists providing mental health services, assessment and intervention;</p> <p>Espada Psychological Consultancy, Room No. 5, Doctor's Offices Building, Sto. Entierro St., Angeles City.</p> <p>09392921100 / 09158802045</p> <p><a href="https://b-m.facebook.com/espada.psychconsult/">https://b-m.facebook.com/espada.psychconsult/</a></p>
Dear Future Self (DFS) Consulting PH	<p>Individual Therapy, Everyday Stress &amp; Anxiety, Relationship Problems, Personal Development &amp; Emotional Counseling, Loss &amp; Grief, Life Coaching: Setting Goals, Priorities &amp; Purpose, Quarter-Life Crisis, Family Issues &amp; Family Therapy; Employee Counseling, Work Stress &amp; Work-Life Balance.</p> <p>Located in Unit H (KB) One Roxas Square (wazeable) #1 F. Roxas Street Corner Blumentritt San Juan City, Metro Manila.</p> <p>0906 683 4789 or <a href="mailto:hello@dfsconsultingph.com">hello@dfsconsultingph.com</a></p> <p><a href="https://dfsconsultingph.com">https://dfsconsultingph.com</a></p>
Philippine General Hospital	<p>Located at PGH Psychiatry and Behavioral Medicine Department 2/F, Ward 7, Taft Avenue Ermita Brgy 670 Zone 72, Manila, 1000 Metro Manila.</p> <p>(02) 554-8400 loc. 2436 or 2440; (02) 554-88470, (02) 526-0150; (02) 554-8469.</p>

### INDIVIDUAL PSYCHOLOGICAL SERVICE PROVIDERS

<p>List of Psychological Service Providers (via Dan Villanueva's friend at the Anxiety and Depression Support Philippines FB Group)</p>	<p><a href="https://imgur.com/a/e2eo9">https://imgur.com/a/e2eo9</a></p>
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Dr. Ampil	Metro North Medical Center, Mindanao Avenue, QC (PHP700/session as of 2018). 426-8000
Dra. Luz Katigbak	Makati Med (PHP2000/session) +639234946673
Dr. Constantine Della	WESTGATE CLINIC, Alabang 09179333446
Dr. Michelle Marie Marinas	WESTGATE CLINIC, Alabang 771-13-53
Dr. Kristine Roldan	ASIAN, Alabang Michelle (secretary) 09178636163 / 027719000
Dr. Alvin Teopaco	Pampanga 09166880888
Dr. Myrna Astillero	Pampanga 09278125905
Dr. Romeo Yu Enriquez	Angeles University Foundation, Pampanga; Mon-Fri, 10AM-2PM For appointments, you may contact his secretary Lorie: 09338504541

### MENTAL HEALTH SUPPORT GROUPS, PAGES, ADVOCACIES

Anxiety and Depression Support Philippines	<a href="https://www.facebook.com/ADSPpage">https://www.facebook.com/ADSPpage</a>
Baguio Mental Health Support Group	<a href="https://www.facebook.com/CoalescentFoundation">https://www.facebook.com/CoalescentFoundation</a>
Be Healed Foundation	<a href="https://www.facebook.com/Be-Healed-Foundation-Inc-400007553543794/">https://www.facebook.com/Be-Healed-Foundation-Inc-400007553543794/</a>
Buhay Movement	<a href="https://www.facebook.com/buhayph/">https://www.facebook.com/buhayph/</a>
Coalescent Foundation	<a href="https://www.facebook.com/CoalescentFoundation">https://www.facebook.com/CoalescentFoundation</a>
Light Your Way	<a href="https://www.facebook.com/LightYourWayMH/">https://www.facebook.com/LightYourWayMH/</a>
Mental Health and Psychosocial Support, Philippines	<a href="https://www.facebook.com/MHPSS/">https://www.facebook.com/MHPSS/</a>
Mental Health Matters by Kylie Verzosa	<a href="https://www.facebook.com/mentalhealthmattersbykylieverzosa/">https://www.facebook.com/mentalhealthmattersbykylieverzosa/</a>



Mental Health PH	<a href="https://www.facebook.com/mentalhealthphilippines/">https://www.facebook.com/mentalhealthphilippines/</a>
Mood Warriors and Phoenixes, Bipolar Disorder Advocacy Philippines	<a href="https://www.facebook.com/MoodWarriorsandFirebirds/">https://www.facebook.com/MoodWarriorsandFirebirds/</a>
No To Mental Health Stigma PH	<a href="https://www.facebook.com/notomentalhealthstigmaph">https://www.facebook.com/notomentalhealthstigmaph</a>
Philippine Mental Health Association, Inc.	<a href="http://www.pmha.org.ph">http://www.pmha.org.ph</a>
PRISM	<a href="https://www.facebook.com/watchprism/">https://www.facebook.com/watchprism/</a>
Psychological Association of the Philippines (PAP)	<a href="https://www.pap.org.ph/">https://www.pap.org.ph/</a>
Psychoeduc8 Philippines	<a href="https://www.facebook.com/groups/psychoeduc8">https://www.facebook.com/groups/psychoeduc8</a>
Schizophrenia and Bipolar Philippines Support Group	<a href="https://www.facebook.com/groups/282482295107313/">https://www.facebook.com/groups/282482295107313/</a>
Social Anxiety Support Philippines	<a href="https://www.facebook.com/pageSASP/">https://www.facebook.com/pageSASP/</a>
SOS Philippines	<a href="https://www.facebook.com/groups/458460407529218/">https://www.facebook.com/groups/458460407529218/</a>
Tala Mental Wellness	<a href="https://www.facebook.com/tala.ph.org/">https://www.facebook.com/tala.ph.org/</a>
Talang Dalisay	<a href="https://talangdalisay.org">https://talangdalisay.org</a>
The Julia Buencamino Project	<a href="https://www.facebook.com/TheJuliaBuencaminoProject/">https://www.facebook.com/TheJuliaBuencaminoProject/</a>
Tibok	<a href="https://www.facebook.com/tibokPH/">https://www.facebook.com/tibokPH/</a>
Van Gogh is Bipolar	<a href="https://www.facebook.com/vgibipolar/">https://www.facebook.com/vgibipolar/</a>
Youth For Mental Health Coalition	<a href="https://www.facebook.com/YouthForMentalHealthCoalition/">https://www.facebook.com/YouthForMentalHealthCoalition/</a>
<b>OTHER LOCAL DATABASES</b>	
Mental Health Pilipinas Database	Short Link: <a href="https://bit.ly/2kri3n8">https://bit.ly/2kri3n8</a> Original Link: <a href="https://docs.google.com/spreadsheets/d/1sSqdGzobbySAUfJw9YKFS-PrfU8rz7a-XBSUgbTgl7U/edit#gid=1149103822">https://docs.google.com/spreadsheets/d/1sSqdGzobbySAUfJw9YKFS-PrfU8rz7a-XBSUgbTgl7U/edit#gid=1149103822</a>
Mental Health PH's crowd sourced Directory	<a href="https://bit.ly/MHPHDirectory">https://bit.ly/MHPHDirectory</a>
Mental Health Philippines (MHPH) Mental Health Services - 20170416	Short Link: <a href="https://bit.ly/2syOyjR">https://bit.ly/2syOyjR</a> Original Link: <a href="https://docs.google.com/document/d/1i7rBdD5HlGdt8D3wXNtcfmphf1snck8iFpxwXOdotg/edit">https://docs.google.com/document/d/1i7rBdD5HlGdt8D3wXNtcfmphf1snck8iFpxwXOdotg/edit</a>



List of Mental Health Care Facilities in the Philippines	<a href="https://www.webbline.com/mental-health/">https://www.webbline.com/mental-health/</a>
List of Licensed Psychiatric Care Facilities by the Health Facilities accredited by Department of Health  As of December 31, 2016	Short Link: <a href="https://bit.ly/2l1cLil">https://bit.ly/2l1cLil</a>  Original Link: <a href="https://hfsrb.doh.gov.ph/wp-content/uploads/2019/05/Psych-Fac-2016_researcherProt.pdf">https://hfsrb.doh.gov.ph/wp-content/uploads/2019/05/Psych-Fac-2016_researcherProt.pdf</a>
Inigo Sevilla's crowd sourced Directory	<a href="https://bit.ly/MHDirectories">https://bit.ly/MHDirectories</a>
A-Where-ness PH Map	<a href="https://mentalhealthawhereness.com/">https://mentalhealthawhereness.com/</a>
Kate Alvarez's Compilation	<a href="http://katewashere.com/mentalhealthph/">http://katewashere.com/mentalhealthph/</a>

### SCHOOL-BASED RESOURCES

Ateneo de Manila University	Compiled by the Ateneo Office of Student Affairs  Short Link: <a href="https://bit.ly/2l75td5">https://bit.ly/2l75td5</a>  Original Link: <a href="https://twitter.com/ateneo_osa/status/1005063098909089794">https://twitter.com/ateneo_osa/status/1005063098909089794</a>
University of the Philippines Diliman	UP Diliman Department of Psychology's PsychServ  Short Link: <a href="https://bit.ly/2nasiNv">https://bit.ly/2nasiNv</a>  Original Link: <a href="https://twitter.com/fmrsantiago/status/1000210181517537280">https://twitter.com/fmrsantiago/status/1000210181517537280</a>

### INTERNATIONAL

A List of International Suicide Hotlines per Country	<a href="http://www.suicide.org/international-suicide-hotlines.html">http://www.suicide.org/international-suicide-hotlines.html</a>
International Association for Suicide Prevention (IASP)	<a href="https://www.iasp.info/resources/Crisis_Centres/">https://www.iasp.info/resources/Crisis_Centres/</a>
Befrienders Worldwide	<a href="http://www.befrienders.org/need-to-talk">http://www.befrienders.org/need-to-talk</a>
Drugrehab.com	24/7 hotline across the USA – 855-587-2830  <a href="https://www.drugrehab.com/co-occurring-disorder/">https://www.drugrehab.com/co-occurring-disorder/</a>



National Alliance on Mental Illness (NAMI) Helpline	800-950-6264 (M-F, 10 AM – 6 PM ET) across the USA In crisis, you may text "NAMI" TO 741741 <a href="https://nami.org">https://nami.org</a>
Suicide Prevention Lifeline	24/7 hotline across the USA 1-800-273-8255 1-888-628-9454 – nacional de prevención del suicidio en Español 1-800-799-4889 – options for the deaf and hard of hearing <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
<b>INFORMATIONAL PAGES</b>	
National Alliance on Mental Illness (NAMI)	Informational resources on mental illnesses as well as subgroups like LGBTQ and veterans <a href="https://nami.org">https://nami.org</a>
Drugrehab.com	Informational resources on co-occurring disorders, as well as seeking treatment
Helpful resources for those struggling with suicidal thoughts or feelings via r/SWResources	Short Link: <a href="https://bit.ly/1Mu1zyC">https://bit.ly/1Mu1zyC</a> Original Link: <a href="https://www.reddit.com/r/SWResources/comments/1c3p3z/helpful_resources_for_those_struggling_with/">https://www.reddit.com/r/SWResources/comments/1c3p3z/helpful_resources_for_those_struggling_with/</a>
Consumer Safety Guide	Information on risks of certain substances on American consumers <a href="https://www.consumersafetyguide.com/">https://www.consumersafetyguide.com/</a>
<b>ONLINE COUNSELING</b>	
BetterHelp	<a href="https://www.betterhelp.com/">https://www.betterhelp.com/</a>
Mental Health resources for those who cannot afford therapy at the moment	A thread of several online counseling resources by Tiffany Howard on Twitter Short Link: <a href="https://bit.ly/2Cxf0g4">https://bit.ly/2Cxf0g4</a> Original Link: <a href="https://twitter.com/HelloTiffy/status/908851180884959238">https://twitter.com/HelloTiffy/status/908851180884959238</a>



SOURCE: <http://katewashere.com/mentalhealthph/>  
Last updated: -

## FREE COUNSELING HOTLINES IN THE PHILIPPINES

Crisis Line (My most recommended and trusted MH hotline):

Landline: (02) 893-7603

Globe Duo: 0917-8001123

Sun Double Unlimited: 0922-8938944

NCMH Crisis Hotline (National Center for Mental Health x Department of Health):

0917-899-USAP (8727)

989-USAP (8727)

24/7 confidential services:

Psychiatric emergencies, suicidal thoughts, depression, grief and loss, relationship issues, sexual abuse, domestic violence, gender identity and sexual orientation issues, school and career issues, issues of carers, and referral to other agencies that can provide specific mental health services in the PH

Hopeline (by Natasha Goulbourn Foundation)

Landline: (02) 804-HOPE (4673)

Globe: (0917) 558-HOPE (4673)

Globe and TM: 2919

Tawag Paglaum-Centro Bisaya:

(24/7 suicide, depression, and emotional crisis intervention hotline)

Smart/Sun: 0939-9375433 / 0939-9365433

Globe/TM: 0927-6541629

Philippine Mental Health Association, Inc.

(02) 921-4958 / (02) 921-4959

Call between 7 a.m. to 4 p.m., Mondays to Fridays

Mood Harmony:

(Makati Medical Center Support Group for Mood Disorders)

(02) 844-2941

Living Free Foundation

(0917) 322-7807

## LOW-COST MENTAL HEALTH SERVICES IN THE PHILIPPINES

National Center For Mental Health

(02) 531-9001

₱100-₱400 for psych consultation

[Click here for complete rates.](#)

[Click here for list of services.](#)

NCMH in Mandaluyong accommodates walk-in OPD patients.



Philippine General Hospital  
PGH Psychiatry and Behavioral Medicine Department 2/F, Ward 7  
(02) 554-8400 loc. 2436 or 2440  
(02) 554-88470, (02) 526-0150, and (02) 554-8469

Philippine Mental Health Association, Inc.  
No. 18 East Avenue, Quezon City 1100  
(02) 921-4958 and (02) 921-4959  
₱500-₱1,000 per consultation

UERM Department of Psychiatry  
64 Aurora Blvd. Doña Imelda, Quezon City  
(02) 715-0861 loc. 362

Amang Rodriguez Medical Center (DOH Hospital)  
Sumulong Highway Sto. Nino, Marikina  
(02) 941 5854

Quezon City General Hospital  
Project 8, Quezon City  
(02) 426-1314

Vicente Sotto Memorial Medical Center  
Cebu City  
Free medical consultation at the Behavioural Center (₱30 registration fee)

UST Hospital  
Initial fee (any department, including psychiatry OPD): ₱200  
Follow-ups: ₱100  
\*Registration and payment strictly up to 2 p.m. only. For mild to moderate cases, family medicine handles cases Mondays to Fridays. For more serious situations, patients will be referred to neurology and psychiatry department, which is open for adult psychiatry on Wednesday to Friday, 2 p.m. onwards.

## **FREE PSYCHIATRIC CONSULTATION**

Philippine General Hospital  
PGH Psychiatry and Behavioral Medicine Department 2/F, Ward 7  
(02) 554-8400 loc. 2436 or 2440  
(02) 554-88470, (02) 526-0150, and (02) 554-8469  
\*Note: The wait list is long, so please be patient.

Amang Rodriguez Memorial Medical Center  
OPD Acute Psychiatric Unit  
Sumulong Highway Sto. Nino, Marikina  
Free basic (non-intensive) psychiatric services from 8-10 a.m. to 1-2 p.m.  
Click here for more details.

*Many private hospitals offer free OPD consultation (not just psychiatry, but other departments) for charity patients. Just ask the information desk about their charity program. For example, charity patients may apply for Makati Medical Center's "green card" at the social services in Tower 3.*



## **SPIRITUAL COUNSELING**

Center for Family Ministries (CEFAM):  
(For psycho-spiritual counseling via appointment with psychologists or psychiatrists)  
(02) 426-4289 to 92

700 Club Asia – Free Prayer Hotlines  
(Confidential, no charges, and no condemnation)  
Toll-free: 1-800-1-888-8700  
Manila: 737-0700  
Smart: (0949) 888-8001  
Sun: (0925) 300-3000

CEFAM Spiritual-Pastoral Center  
(via appointment)  
Ateneo de Manila University Campus  
Loyola Heights, Quezon City  
(02) 426-4289 to 92

CEFAM Satellite Counseling Site  
(CEFAM in cooperation with Don Bosco Parish; via appointment)  
Don Bosco Parish  
Arnaiz Avenue corner Amorsolo Street, Makati City  
(02) 894-5932 or 34

Door of Hope Counseling Center  
Amorsolo St. Corner Dela Rosa,  
Makati  
[doorofhopecounseling@gmail.com](mailto:doorofhopecounseling@gmail.com)

Light of Jesus Pastoral Care Center  
60 Chicago St., Bgy. Pinagkaisahan, Cubao, Quezon City 1109  
(02) 726-0267, 726-6728, and 726-4709

UGAT Foundation  
Psychospiritual counseling in Ateneo  
(02) 426-5992 and (02) 426-6001 loc. 4872 to 73



SOURCE: <https://www.opencounseling.com/hotlines-ph>  
Last updated: -

## **SUICIDE / CRISIS HOTLINES**

### **Crisis Line:**

Landline: (02) 893-7603  
Globe Duo: 0917-8001123  
Sun Double Unlimited: 0922-8938944

### **Tawag Paglaum-Centro Bisaya:**

(24/7 suicide, depression, and emotional crisis intervention hotline)  
Smart/Sun: 0939-9375433 / 0939-9365433  
Globe/TM: 0927-6541629

### **Mood Harmony:**

(Makati Medical Center Support Group for Mood Disorders)  
(02) 844-2941

### **Dial-a-Friend:**

(02) 525-1743, (02) 525-1881

### **Hopeline (under DOH and NGF):**

PLDT: (02) 804-4673  
Globe: (0917) 558-4673  
Toll-free for Globe/TM: 2919

### **Philippine General Hospital PGH Psychiatry and Behavioral Medicine Department**

2/F, Ward 7

Phone: (02) 554-8400 loc. 2436 or 2440, (02) 554-88470, (02) 526-0150, and (02) 554-8469

\*Note: The waitlist is long, so please be patient.

### **Amang Rodriguez Memorial Medical Center OPD Acute Psychiatric Unit**

Sumulong Highway Sto. Nino, Marikina

Free basic (non-intensive) psychiatric services from 8-10 a.m. to 1-2 p.m.

### **Ateneo Bulatao Center For Psychological Services**

Room 103-A Bellarmine Hall, Ateneo de Manila University, Katipunan Avenue, Loyola Heights, Quezon City

Phone: (02) 426-5982

### **Psych Consult, Inc.**

Unit 227 Second Floor, Regalia Park Towers, 150 P. Tuazon Blvd., Cubao, Quezon City

Phone: (02) 421-2469, (02) 357-6427, and (0917) 808-0193

### **Prescription Psychiatrists and Psychologists**

Unit 2511A Centuria Medical Makati Kalayaan Ave. cor. Salamanca St., Brgy Poblacion, Makati

Tel. nos. (02) 863-0655, (0977) 795-3097, (0921) 819-1101



Psyche Solution Psychological Services  
Unit 2 Block 4 Lot 4, Marilag Subdivision Dasmariñas, Cavite  
Phone: (0922) 810-5148

Free Psychological Services Living Free Foundation  
(0917) 322-7807 UST Psychotrauma (via appointment)  
Phone: (02) 406-1611 local 4012  
Room 104 (The Meeting Room), Ground Floor, Thomas Aquinas Research Complex (TARC),  
University of Santo Tomas, Manila

## **AIDS & HIV**

AIDS Society of the Philippines  
Phone: +63 02 376-2541 / +63 02 410-0204

ABOT KAMAY CENTER  
2613 Dian St. Malate Manila Philippines 1004  
Phone: (632) 404-2911

Positive Action Foundation Philippines, Inc. (PAFPI)  
Bahay Karlungan is located at 15 Dian St., Malate, Manila.  
Phone: (02) 528 4531.

PAFPI is geared towards assisting patients and affected family members through counselling and psychological support services, providing education and care for AIDS symptoms at home. They run a regular soup kitchen at the HIV ward of San Lazaro Hospital, and have established a drop-in center called Bahay Karlungan, which provides temporary shelter to people living with HIV (PLHIV).

Pinoy Plus  
PPA+ is located at 1805 P. Guevarra St., Sta. Cruz, Manila.  
Phone: (02) 743 7293.

Composed of people living with HIV and AIDS, PPA+ is the only association of its kind in the Philippines. They represent the PLHIV community in the Philippines, and offers counselling, referral, and care and support programs. They also offer skill-building for its members and other interested individuals. The association also holds position as a member at the Philippine National AIDS Council.

## **ALCOHOL AND DRUGS**

Roads and Bridges to Recovery – Pasig City  
Phone: 02-643-6006  
520 Ebdn Bldg., Dr. Sixto Antonio Avenue, Maybunga Pasig City Philippines

Center for Christian Recovery  
Phone: 02-345-3228  
777 Outlook Drive, Loressville Subd. San Roque Antipolo Philippines

Department of Health – Treatment and Rehabilitation Center – Cagayan de Oro City  
Phone: 0917-140-7319  
Sayre Highway, Upper Puerto, Cagayan de Oro, Cagayan de Oro Northern Mindanao  
Philippines



House of Hope Inc. Phone: 032-340-7941  
888 B9-A, Osmena St, Gun-ob beside Hoops Dome, Lapu-Lapu City Central Visayas Philippines

## **DOMESTIC VIOLENCE / SEXUAL VIOLENCE**

Department of Social Welfare and Development  
The Social Protection Bureau  
Batasan Complex, Constitution Hills Quezon City  
Phone: 63-2-9318101 to 07; 9322573

Bathaluman Crisis Center Foundation, Inc. (BCCF)  
DPF Building, Rivera Village Bajada, Davao City  
Phone: 63-82-2215691

Development of People's Foundation (DPF)  
Rivera Village Bajada, Davao City  
Phone: 63-82-2277714

Women Crisis Center (WCC)  
7/F East Avenue Medical Center East Avenue, Quezon City  
Phone: 63-2-9225235  
Hotline: 63-2-9267744

Lihok Pilipina Foundation  
102 P. Del Rosario Extension Cebu City  
Phone: 63-32-2548092/25611341

## **EATING DISORDER**

Philippine Mental Health Association  
Phone: +632-921-4958; +632-921-4959  
No. 18 East Avenue, Quezon City 1100, Philippines

## **GAYS AND LESBIANS / LGBTQ**

In Touch Community Services  
Phone: +63 2 893 1893  
48 McKinley Road, Makati City, Metro Manila, Philippines 1219