



- Defining Health and Mental Health
- Importance of Mental Health
- Understanding the Mental Health Act of 2018 (RA 11036)
- Implications
 - Mental health and illness as a spectrum
 - Mental health encompasses neurodevelopmental, psychological and sociocultural influences
 - Mental health is everybody's business

Definition: Health

WHO's Definition of Health

« Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. »

-WHO Constitution

Definition: Mental Health

- WHO's Definition of Mental Health
 - « Mental health is a state of well-being in which an individual <u>realizes his or her own abilities</u>, can <u>cope</u> with the normal stresses of life, can <u>work</u> <u>productively</u> and is able to <u>make a contribution</u> to his or her community.»



Importance of Mental Health

- UN's Sustainable Development Goals 2030 (UN SDG 2030)
 - Goal 3: Good Health and Wellbeing
 - Ensure healthy lives
 - Promote well-being
 - Through lifespan (all age groups)
 - Role of wellbeing in health
 - Decreasing non-communicable diseases and premature mortality



Importance of Mental Health

- Implications of the UN SGD 2030
 - Mental Health is integral in sustainable development



Mental Health Act (RA11036, 2018)

 « An act establishing a national mental health policy for the purpose of enhancing the delivery of integrated mental health services, promoting and protecting the rights of persons using psychiatric, neurologic and psychosocial health services, appropriating funds therefor and for other purposes »



6 Goals of RA 11036 of 2018

- 1. Strengthen effective leadership and governance in mental health
- 2. Develop & establish mental health services
 - ✓ National and comprehensive
- 3. Protect rights and freedoms of persons with mental health conditions (service user)



6 Goals of RA 11036 of 2018

- 4. Strengthen information systems, evidence & research
- 5. Integrate in basic health services
- 6. Promotion of mental health in educational institutions, workplaces, and communities

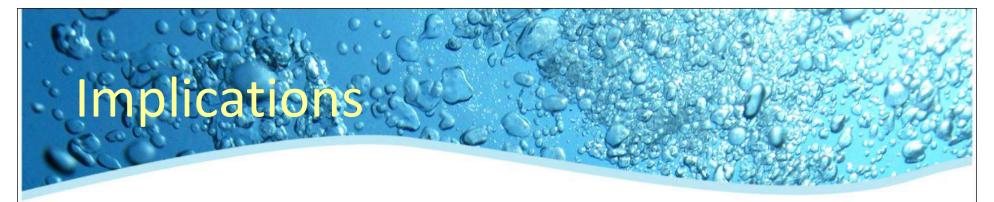
- Chapter IV Mental Health Services
 - Quality services based on scientific research evidence
 - Community-based mental health care
 - Psychiatric, psychosocial, and neurological services in regional, provincial, and tertiary hospitals
 - Drug testing, suicide prevention, and public awareness campaigns

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- Chapter V Promotion of Mental Health in Educational Settings and the Workforce
 - Age-appropriate mental health education in schools
 - Promotion of metal health in the workplace

- Chapter VI Capacity Building, Research and Development
 - Capacity building
 - School personnel
 - Baranggay health workers
 - Strengthening evidence through research
 - Dissemination and application of research findings

- Chapter IX Mental Health of Drug Dependents
 - Acknowledging that drug dependents are also service users



- Mental health and illness is a spectrum
 - Emphasis on prevention and education
 - Mental illness ranges from mild to severe
 - Range of services are expected
 - Community-based programs
 - De-centralized
 - Primary health care orientation
 - Least restrictive and most humane treatment
 - Psychosocial services
 - Medical (psychiatric and neurological) treatment

Implications

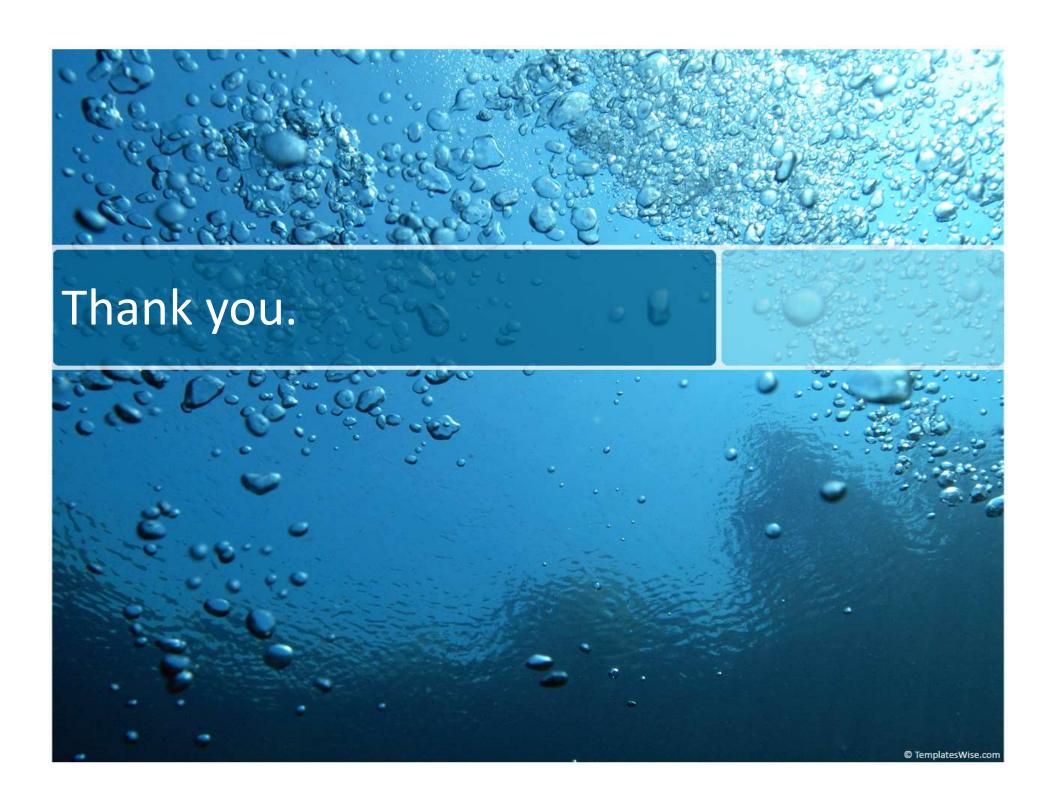
- Mental health encompasses neurodevelopmental, psychological and sociocultural influences
 - Mental health comprises muti-factorial considerations
 - Mental illness has a multi-factorial and multidimensional etiology
 - Interventions and treatment needs to be multidimensional too

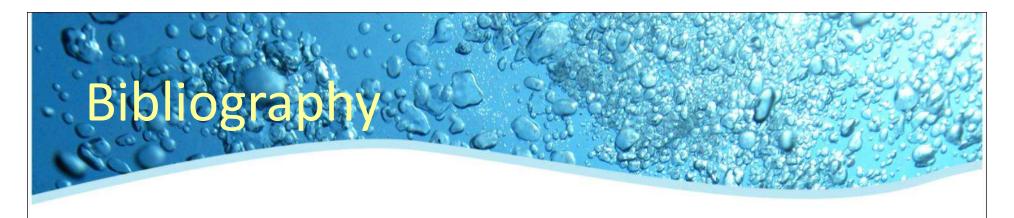


- Mental health is everybody's business
 - Multi- and Inter-agency involvement
 - Role of education
 - Workplace mental health promotion
 - Research in academe
 - Legal aid for service users

In Summary

- Mental health is integral in Health
- The Mental Health Act of 2018 enshrines our country's need to protect and promote mental health in all walks of life
 - All levels of governance
 - Education and workplace
 - Fundamental in development





- https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response
- https://www.un.org/sustainabledevelopment/health/
- https://www.officialgazette.gov.ph/2018/06/20/republic-act-no-11036/
- Ladrido-Ignacio, M.L. (July, 2018). The Lancet Commission on Global Mental Health & Sustainable Development and the Philippine Mental Health Act (2018): Shaping the Future of Philippine Psychiatry. As presented in the Philippine Psychiatric Association mid-year convention, Angeles, Pampanga.
- Ladrido-Ignacio, M.L. (January, 2019). The Mental Health Law and Social-Community Psychiatry. As presented in the Philippine Psychiatric Association annual convention, Mandaluyong City.