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Mental Healthcare For You, With You

Empath provides accessible mental healthcare solutions and services for schools, workplaces and non-profits that are in need of improving their community's well-being.

[www !\[\]\(c3d993ca47bfe2a953c700506ce31fa0_img.jpg\) empath.ph](http://www.empath.ph)



Around **1 billion people** worldwide have been diagnosed with a **mental health condition.**

(World Health Organization, 2022)

Mental health problems is the **largest cause of disabilities** in the world.

(World Health Organization, 2021)

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At least **17 million Filipinos** suffer from a psychological disorder.

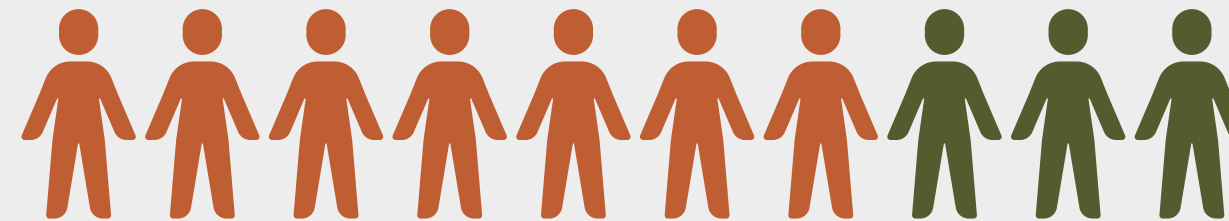
(Philippine Daily Inquirer, 2022)

Mental illness has become the **3rd most common disability** in the Philippines.

(World Health Organization, 2017)



WORKPLACE AND EMPLOYEES



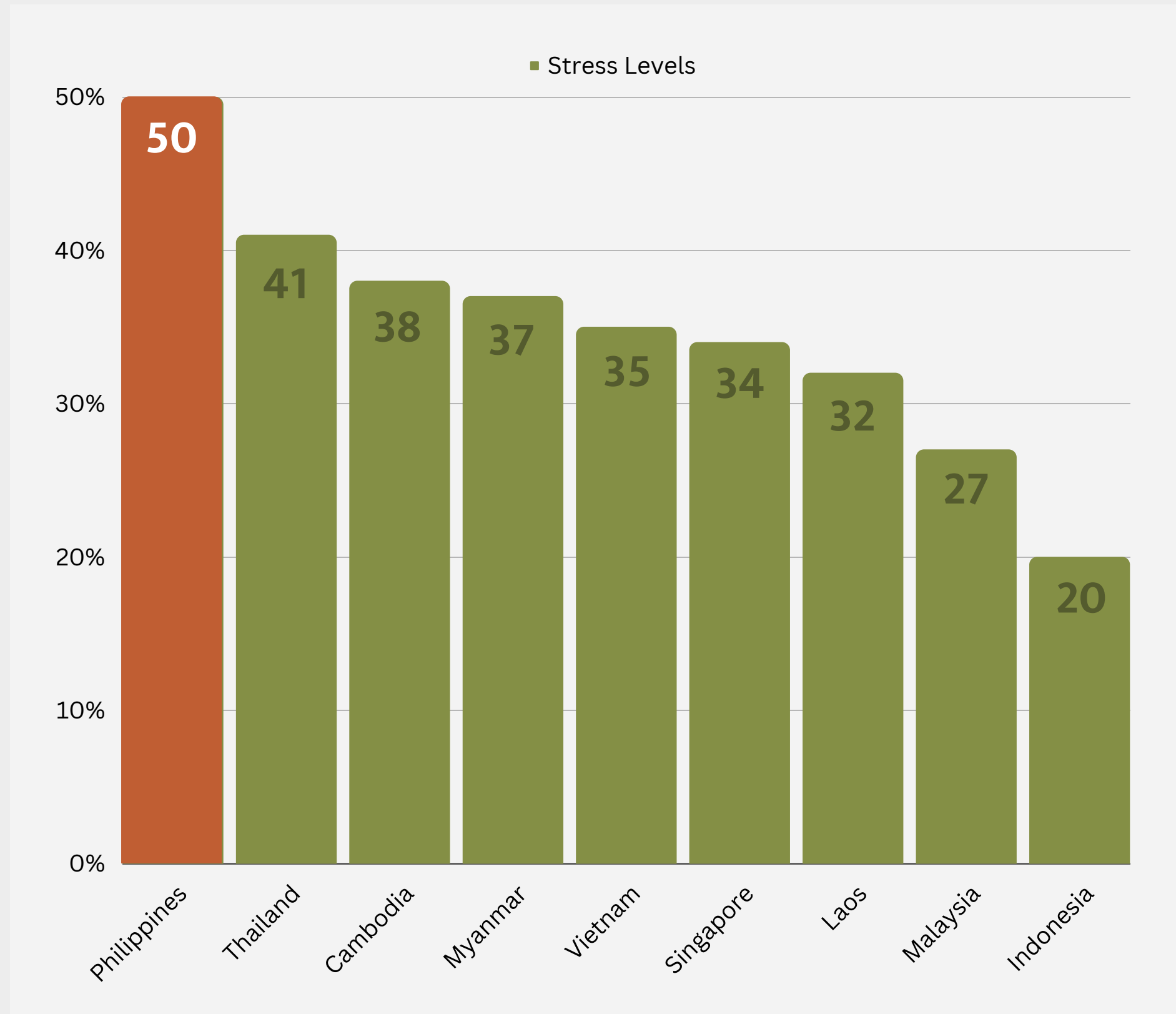
77% of Filipino workers say their job is the main source of their mental health challenges. (Business Mirror, 2022)

1 in 4 Filipino workers have considered leaving their work because of the mental health burdens they face. (Philippine Star, 2021)

90% TREATMENT GAP FOR THOSE IN NEED OF MENTAL HEALTHCARE IN SOUTHEAST ASIA

(World Health Organization, 2017)

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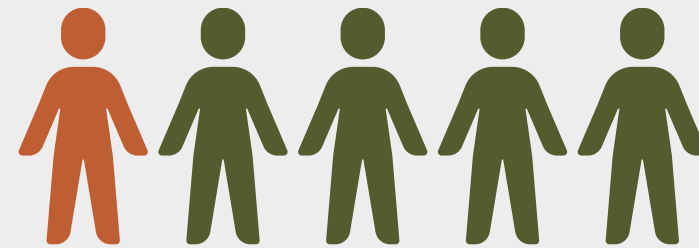
Filipino Employees' Rank in Southeast Asia

- 1st ON DAILY STRESS
- 2nd ON DAILY SADNESS
- 3rd ON DAILY ANGER

(Gallup Survey, 2021)

SCHOOLS AND STUDENTS

1 in 5 university students suffer from a mental disorder in every given year.
(World Health Organization, 2017)



ONLY 16% OF THESE STUDENTS WERE
ABLE TO ACCESS TREATMENT
DURING THE GIVEN YEAR

(World Health Organization, 2017)

Studies show high burden of mental health problems among university students of ASEAN countries, with depression, anxiety, and addictive behaviors being the most prominent problems.
(Asia-Pacific Journal of Public Health, 2022)





The Case for Mental Health Investment

P68.9
BILLION

annual economic cost of mental health

conditions due to absenteeism, reduced
productivity, and premature death
(World Health Organization, 2021)

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Dimensions of Accessibility



Societal Beliefs



Geographical



Financial



Information



Efficiency



Contextualization

MENTAL HEALTH LAW IN THE PHILIPPINES

R.A. 11036

“An Act Establishing a National Mental Health For The Purpose Of Enhancing The Delivery Of Integrated Mental Health Services, Promoting And Protecting The Rights Of Persons Utilizing Psychosocial Health Services, Appropriating Funds Therefor And Other Purposes”



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Telemental Health Consultations
(can include family members)



Quality Assurance Systems



Tech-enabled



Psychological Assessments



Online Learning



Online Wellness & Fitness Classes



Mental Health Pharmacy



Benefits Legend:



Comprehensive



High Capacity



Client-Responsive



High Quality &
Reliability



What can we do next?

- Engage in discussions on mental health awareness and the need for more community-centered mental healthcare programs and initiatives
- Advocate for cultural and contextualized research and development under the practice of psychology
- Incorporate mental health inclusive policies and efforts in workplaces, schools and other spaces