



Procurement of Mental Health Services

Psychologist, Psychometrician, Capacity Building Seminars and Information, Education and Communication Campaign Materials for Central Office

Rationale

In 2022, the Philippine Statistics Authority (PSA) in collaboration with the Mind You Mental Health Systems, Inc. conducted an organization-wide Employee Mental Health Assessment (EMHA). Based on the key areas, the following were recommended:

1. Conduct trainings themed on empathic listening, and leadership & management workshops so that communication lines between supervisors and subordinates are aligned;
2. Provide company-wide psychoeducation, to educate employees on the impacts of mental health challenges in their personal and professional life;
3. Conduct workshops on how to deal with stress, creating healthy boundaries and strengthening positive coping skills;
4. Utilize information awareness campaigns to bridge gap/s accessibility and program availability; and
5. Offer mental health services that provide easy-to-use and easy-to-access psychological consultations.

In line with the recommendations, the Human Resources Division through Office Memorandum 2023-129 or the “PSA Kaagapay Mental Health Program” adopted from Civil Service Commission Memorandum Circular No. 04, series of 2020 aims to promote and enhance the mental wellness of all PSA Officials and personnel by committing to promote the well-being of its personnel by guaranteeing that: mental health is valued, promoted, and protected; mental health conditions are treated and prevented; timely, affordable, high quality; and culturally appropriate health care for mental health conditions are made available to the employees. The PSA also endeavors to foster a workplace free from stigmatization and discrimination, where they can participate fully at work.

Likewise, as part of the implementation mechanism of the Mental Health Program indicated in Office Memorandum 2023-129 the Mental Health Service Provider shall assess the personnel at risk or identified with mental health condition and identify the stage mental well-being of an employee.

Furthermore, in the recently conducted Mental Health Workshop on 25 to 26 April 2024 in cooperation with DMR Psychological Services, it was recommended to conduct trainings with emphasis on empathic listening, psychological safety and workshops related to self-esteem and self-worth. These recommendations will be greatly considered in the conduct of capacity-building lectures mentioned in the terms of reference for the procurement of mental health services.

