

NINETEENTH CONGRESS OF THE)
REPUBLIC OF THE PHILIPPINES)
First Regular Session)



23 MAY 29 P12 :12

SENATE
S. No. 2258

RECEIVED BY: _____

Introduced by Senator MARK A. VILLAR

AN ACT
ESTABLISHING PROGRAMS AND SERVICES FOR THE SUPPORT OF THE
MENTAL HEALTH AND WELLNESS OF TEACHERS, PROVIDING FUNDS
THEREFOR, AND FOR OTHER PURPOSES

EXPLANATORY NOTE

Teachers have long been considered as heroes because of their indispensable contribution to life and to the well-being of the youth. However, despite being considered as heroes, teachers can be victims too – victims of trauma, mental and emotional fatigue that they usually keep to themselves.

These may eventually have a detrimental effect on mental health. Teachers' mental health may be impacted by a variety of variables, including a heavy workload, long hours, and large class sizes. These constant stresses might have an adverse effect on one's physical and emotional well-being. Additionally, there is lack of assistance from coworkers and support from the administration in recognizing the mental health of the teacher, which makes it more difficult for them to seek help and to ease their sufferings.

Thus, this bill seeks to strengthen the promotion and delivery of mental health services for teachers. These can be done by establishing programs and services that will promote the welfare and well-being of teachers.

Considering the foregoing, approval of this bill is earnestly sought.

MARK A. VILLAR

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Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

1 Section 1. *Short Title.* - This Act shall be known as "*The Teacher Mental Health*
2 *and Wellness Act of 2023.*"

3 *Sec. 2. Declaration of Policy.* - It is the policy of the State to provide holistic
4 support to all educators in the country, recognizing the crucial role they play in nation-
5 building. The State shall ensure that teachers' mental, emotional, and psychological
6 well-being is given the same importance as their professional development, as their
7 welfare directly affects the quality of education.

8 *Sec. 3. Programs and Services.* - The Department of Education (DepEd), in
9 coordination with the Department of Health (DOH) and the Philippine Mental Health
10 Association, shall establish and promote the following programs and services for the
11 welfare and well-being of teachers:

12 a) Regular mental health assessments of the teachers every school semester,
13 conducted by registered and licensed psychologists or related professionals;

14 b) Regular counseling sessions for teachers, focusing on stress management,
15 emotional stability, and coping mechanisms;

1 c) Stress-reduction programs, such as workshops that teach mindfulness,
2 meditation, relaxation techniques, and time-management;

3 d) Access to peer support groups and mentoring programs for teachers, with
4 focus on creating a safe space for expression and collaboration;

5 e) Periodic seminars led by mental health professionals to raise awareness and
6 improve understanding about mental health issues among teachers;

7 f) Establishment of Mental Health and Wellness Liaisons to assist and connect
8 teachers to mental health care providers as needed, and to monitor the progress of
9 well-being programs within their schools or regions;

10 g) Promote work-life balance through the formation of interest-based clubs,
11 sports competitions, and other recreational opportunities; and

12 h) Any other programs and services as deemed necessary by the DepEd, the
13 DOH, and the Philippine Mental Health Association.

14 *Sec. 4. Monitoring and Evaluation* – The DepEd, in coordination with the DOH
15 and Philippine Mental Health Association, shall conduct a yearly monitoring and
16 evaluation of the programs and services under this Act.

17 *Sec. 5. Funding.* - The financial assistance necessary for the effective
18 implementation of the programs and services under this Act shall be included in the
19 yearly General Appropriations Act (GAA) under the DepEd and DOH.

20 *Sec. 6. Implementing Rules and Regulations.* - The DepEd and DOH shall
21 promulgate the necessary rules and regulations to implement the provisions of this
22 Act within ninety (90) days upon its effectivity.

23 *Sec. 7. Separability Clause.* – Any portion or provisions of this Act that may be
24 declared unconstitutional or invalid and shall not have the effect of nullifying other
25 portions or provisions hereof as long as such remaining portions or provisions can still
26 subsist and be given effect in their entirety.

27 *Sec. 8. Repealing Clause.* – All laws, presidential decrees, executive orders,
28 memoranda, circulars, and other issuances, or parts thereof, which are inconsistent
29 with the Act, are hereby repealed or modified accordingly.

30 *Sec. 9. Effectivity Clause.* – This Act shall be take effect fifteen (15) days after
31 its publication in at least two (2) newspapers of general circulation.

Approved,