



# 11th ADB International Education and Skills Forum

Applying a Fresh Lens to Unlock the Power of Human Capital



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# BUILDING A MENTALLY HEALTHIER PHILIPPINES

*The Role of the MHYH PH's Mental Health Initiatives in Shaping Healthy, Resilient Learners*





# YMARI KRISTIA PASCUA

*Chief Empowerment Officer  
Mental Health Youth Hub PH  
National Youth Commission*



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3-5 December 2025 | Metro Manila, Philippines

# 2021 NATIONAL YOUTH ASSESSMENT STUDY FINDINGS ON MENTAL HEALTH



A TOTAL OF 4,103 FILIPINO YOUTH RESPONDENTS AGES 15 TO 30 YEARS OLD FROM 17 REGIONS IN THE PHILIPPINES PARTICIPATED IN THE 5TH NYAS, WHICH WAS CONDUCTED FROM OCTOBER 2021 TO JANUARY 2022

The National Youth Commission (NYC) is mandated to conduct research on youth-related issues. The 5th National Youth Assessment Study (NYAS) fulfills this mandate and aims to inform policies and programs that address youth needs. It is part of the National Comprehensive and Coordinated Program on Youth Development (NCCPYD), which focuses on identifying youth priorities, attitudes, values, and service gaps.

MORE THAN HALF (50.5%) OF SURVEYED YOUTH



## 15 TO 30 YEARS OLD

INDICATED EXPERIENCING MENTAL HEALTH PROBLEMS IN THE LAST 12 MONTHS OF THE SURVEY

## SUICIDE IDEATIONS

(defined as thoughts, wishes, preoccupations, and contemplations with death and suicide)

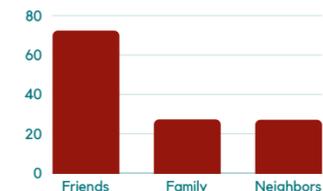


almost one-third (31%) of Filipino youth respondents have once thought of taking their own life



more than half (56.5%) of them were aware of others who had suicidal attempts

Among those who they identified with suicidal ideations were friends (72.39%), family members or relatives (27.26%), or neighbors (27.09%).

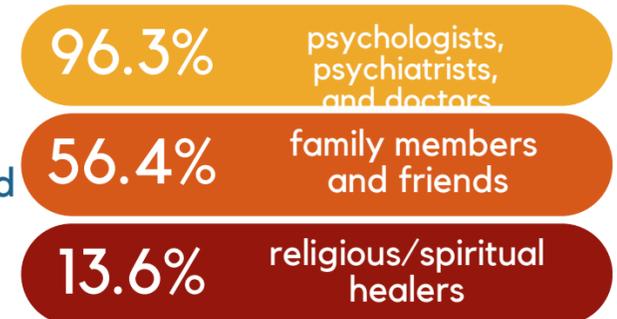


### Almost all (97%)



of the respondents recognized the necessity of seeking professional help for mental health issues.

For the Filipino youth, they believe that the most capable of addressing mental health needs are:



## COPING WITH MENTAL HEALTH ISSUES

96.7%

youth respondents found their home as a place of healing with family bonding



92%

good quality friendships



84.4% sharing of good and positive stories

Other helpful support mechanisms for mental health, as mentioned by the survey participants

- 78.2% - Meaningful Work
- 76.1% - Living a Mature and Spiritual Life
- 73.3% - Receiving Recognition, Encouragement, or Praise
- 71.0% - Financial Security





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## MENTAL HEALTH CRISIS: 404 STUDENT SUICIDES IN '21

STORY BY MARLON RAMOS

In a Senate hearing, the Department of Education also reported 2,147 suicide attempts.  
As a response, the agency is considering hiring more, better-paid guidance counselors. A2





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## MENTAL HEALTH YOUTH HUB PH



- To provide an online support system for the youth who has concerns about mental health
- To strengthen and boost awareness of mental health
- To equip selected Filipino youth with psychological knowledge and skills to coach their fellow youth with problems and concerns regarding mental health



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From **December 2020 to Present**, a series of impactful webinars focused on **youth mental health, resilience, relationships, and broader societal challenges**. These events included webinars and workshops that addressed key topics like stress management, suicide prevention, family dynamics, social media influence, mental health sustainability, and more.

The initiatives aimed to empower youth, promote mindfulness, and raise mental health awareness across diverse contexts, including academic challenges, efforts to promote inclusion, and the evolving impact of technology on mental well-being.





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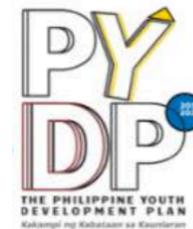
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## KumusTahan Mental Health Youth Camp



The **KumusTahan Mental Health Youth Camp**, a program of the **National Youth Commission** and the **Mental Health Youth Hub PH**, addresses the growing mental health concerns among Filipino youth. Through interactive sessions and workshops, it provides basic mental health knowledge, creates safe spaces for dialogue, and empowers participants to design community projects. The camp fosters peer support, builds leadership, and develops youth advocates who champion mental health in their families, schools, and communities.



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## MANDALUYONG



**ILAYA BARANGKA INTEGRATED SCHOOL, MANDALUYONG**  
MAY 19, 2023

## VALENZUELA



**VALENZUELA CITY ACADEMIC CENTER FOR EXCELLENCE**  
MAY 20, 2023

## NAGA



**ARRUPE CONVENTION HALL, ATENEO DE NAGA UNIVERSITY**  
JUNE 1, 2023

## PAETE



**PAETE MUNICIPAL HALL, PAETE, LAGUNA**  
JUNE 26, 2023

## AURORA



**AMCO BEACH RESORT, BALER, AURORA**  
AUGUST 26-27, 2023

## PAMPANGA



**AZZURRO HOTEL, ANGELES CITY, PAMPANGA**  
OCTOBER 9, 2023

## NORTHERN SAMAR



**PROVINCIAL CAPITOL, CATARMAN, NORTHERN SAMAR**  
FEBRUARY 28, 2024

## CAVITE



**COUNTRY CHATEAU HOTEL, MAHOGANY, TAGAYTAY**  
JULY 19-20, 2024

## LA UNION



**BACNOTAN CENTRAL SCHOOL, BACNOTAN, LA UNION**  
SEPTEMBER 13, 2024

## TAYTAY



**RIZAL PROVINCIAL CAPITOL COMPOUND, ANTIPOLO CITY**  
NOVEMBER 23-24, 2024



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# 1,045

CONNECTED YOUTH THRU KUMUSTAHAN MENTAL HEALTH YOUTH CAMPS, PROVIDING VITAL MENTAL HEALTH RESOURCES AND SUPPORT

# 30



FACE-TO-FACE  
ACTIVITIES

# 500+

EXTERNAL ENGAGEMENTS  
OF YOUTH COACHES

# 46

WEBINARS



# 150

TRAINED MENTAL  
HEALTH PEER-TO-PEER  
YOUTH COACHES



# 650,000+

ENGAGED  
YOUTH

THROUGH WEBINARS,  
FACE-TO-FACE TALKS,  
AND POSTINGS





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## WAYS FORWARD

**ENHANCED TRAINING  
FOR FUTURE YOUTH  
COACHES**

**STRATEGIC  
PARTNERSHIPS AND  
COLLABORATIONS**

**REGULAR MENTAL  
HEALTH ACTIVITIES**

**CONTINUOUS SUPPORT  
THROUGH FREE ONLINE  
COACHING**

**EXPANSION OF  
KUMUSTAHAN MENTAL  
HEALTH YOUTH CAMPS**

**CONTINUOUS LEARNING  
AND DEVELOPMENT FOR  
COACHES AND PERSONNEL**



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# THANK YOU!



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