



Republic of the Philippines  
**QUEZON CITY COUNCIL**

Quezon City  
23<sup>rd</sup> City Council

PR23CC-542

53<sup>rd</sup> Regular Session

RESOLUTION NO. SP- **10565**, S-2026

A RESOLUTION ENCOURAGING MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT TRAINING FOR BARANGAY OFFICIALS, SANGGUNIANG KABATAAN LEADERS, AND COMMUNITY VOLUNTEERS IN QUEZON CITY

Introduced by Councilors JOSE MARIA "Mari" M. RODRIGUEZ, JHON ANGELLI "Sami" C. NERI, ERWIN REY "Cocoy" A. MEDINA, ATTY. CHRISTOFFER ALLAN "Tope" LIQUIGAN and DOROTHY A. DELARMENTE, M.D.

Co-Introduced by Councilors Bernard R. Herrera, Joseph P. Juico, Charm Ferrer, CPA, MPA, JD, Nicole "Nikki" V. Crisologo, Mikey F. Belmonte, Atty. Voltaire Godofredo "Bong" Liban III, Aly Medalla, Ranulfo "Tatay Rannie" Z. Ludovica, Albert Alvin "Chuckie" L. Antonio III, Wencerom Benedict C. Lagumbay, Edgar "Egay" G. Yap, Nanette Castelo Daza, Imee Rillo, Atty. Jesus Miguel Suntay, Raquel S. Malañgen, Joseph Joe Visaya, Alfred Vargas, MPA, Karl Edgar Castelo, Shaira "Shay" L. Liban, Ram V. Medalla, Maria Eleanor "Doc Ellie" R. Juan, O.D., Emmanuel Banjo A. Pilar, Kristine Alexia Matias, RN, Victor "Vic" D. Bernardo, and Vito Sotto Generoso

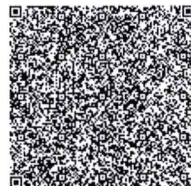
WHEREAS, the Quezon City Government recognizes the importance of promoting mental health and psychosocial well-being among its residents;

WHEREAS, mental health conditions such as anxiety, depression, and stress-related disorders are increasingly being recognized as significant public health concerns;

WHEREAS, early recognition and timely support for individuals experiencing mental health challenges can greatly improve outcomes and help prevent more serious crises;

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WHEREAS, Mental Health First Aid is an internationally recognized program that trains individuals to identify signs of mental health distress, provide initial support, and guide individuals toward appropriate professional help;

WHEREAS, barangay officials, Sangguniang Kabataan (SK) leaders, and community volunteers are often among the first people in the community to encounter individuals who may be experiencing emotional or psychological difficulties;

WHEREAS, equipping community leaders with basic mental health awareness and response skills can strengthen the capacity of communities to provide support and reduce stigma surrounding mental health concerns.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to encourage, as it does hereby encourage, mental health and psychosocial support training for barangay officials, Sangguniang Kabataan leaders, and community volunteers in Quezon City.

RESOLVED FURTHER, that barangays are encouraged to support mental health awareness initiatives and community-based discussions that help reduce stigma and promote understanding of mental health issues.

RESOLVED FURTHERMORE, that Sangguniang Kabataan Councils are encouraged to organize youth-centered forums and activities that promote mental health awareness and peer support among young people.

RESOLVED FURTHERMORE, that community leaders and volunteers are encouraged to help guide individuals experiencing mental health distress toward appropriate professional support services when needed.

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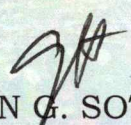


RESOLVED FINALLY, that copies of this Resolution be furnished to the Quezon City Health Department, the Social Services Development Department, and other concerned offices for their information and appropriate action.

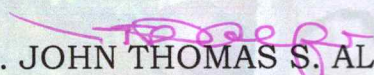
ADOPTED: July 9, 2026.

CERTIFICATION

This is to certify that this Resolution was ADOPTED by the City Council on Second Reading on July 9, 2026 and was CONFIRMED on July 20, 2026.

  
GIAN G. SOTTO  
City Vice Mayor  
Presiding Officer

ATTESTED:

  
ATTY. JOHN THOMAS S. ALFEROS, III  
City Government Department Head III  
(Secretary to the Sanggunian)  