

**BACKGROUND****ACHIEVEMENTS**

# **Mental Health Matters by**

## **Kylie Versoza**

**(video to be put soon. mp4.txt ang mugawas sa pexel)**

Mental Health Matters is a non-governmental organization founded by actress, model, and Miss International 2016---Kylie Versoza. Kylie has never stopped using her platform to accomplish and attain her goal of increasing public awareness of mental health issues and encouraging others to take mental health seriously, she plans to hold quarterly support groups with qualified volunteer therapists, monthly talks at various universities and corporate institutions throughout the Philippines, and helpful informational exchanges about mental health.

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**BACKGROUND****ACHIEVEMENTS**

- Continues to educate parents, schools, universities, and corporate institutions. Stemming from the cultural stigma, from the pillars of MHM, the organization has extended its community throughout the Philippines.
- Partnered with KonsultaMD. Use code: KYLIEKMD for free mental health counseling.
- Raised PHP20,000 in cooperation with MHM x Property Access PH.
- Partnership with MyGolana. Free Mental Health Checkup.
- Cooperated with Forest House Baguio by sending meals to different hospitals, barangays, and checkpoints around Baguio City amidst COVID-19.



# INITIATIVES

The organization aims to raise awareness and combat the stigma surrounding mental health and mental illness in the Philippines.

**INITIATIVES****INVOLVEMENTS****ACTIVITIES**



# INVOLVEMENTS

Mental Health Matters continuously advocates for the importance of mental health. Starting from schools to mental health talks.

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# ACTIVITIES

There are informative exchanges about mental health, talks about mental health every month at different colleges and corporate establishments in the Philippines, and quarterly support groups led by qualified volunteer therapists.

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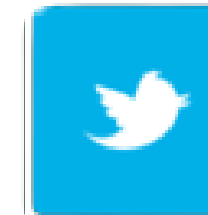
# WHO WE ARE

Following Kylie Versoza's advocacy for mental health. We are a non-governmental organization actively promoting mental health wellness and is focused to beat the stigma.

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# VISION

A safe space for young people to hang out, or a safe space for them to be open and share stories. Aims for the foundation to also provide more information about depression.

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# MISSION

Established a group for people who have the sickness so that they can share. It's a safe space for them to share their problems and for people who don't have depression to help a person in need.

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# HOW TO HELP

- Those in need of support may receive free consultations for one month by simply downloading the KonsultaMD app and inputting KMDKylie as the voucher code, then pressing “2” for mental health assistance when calling the KonsultaMD hotline.
- Message: [@mentalhealthmattersph](https://www.mentalhealthmattersph.com)

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