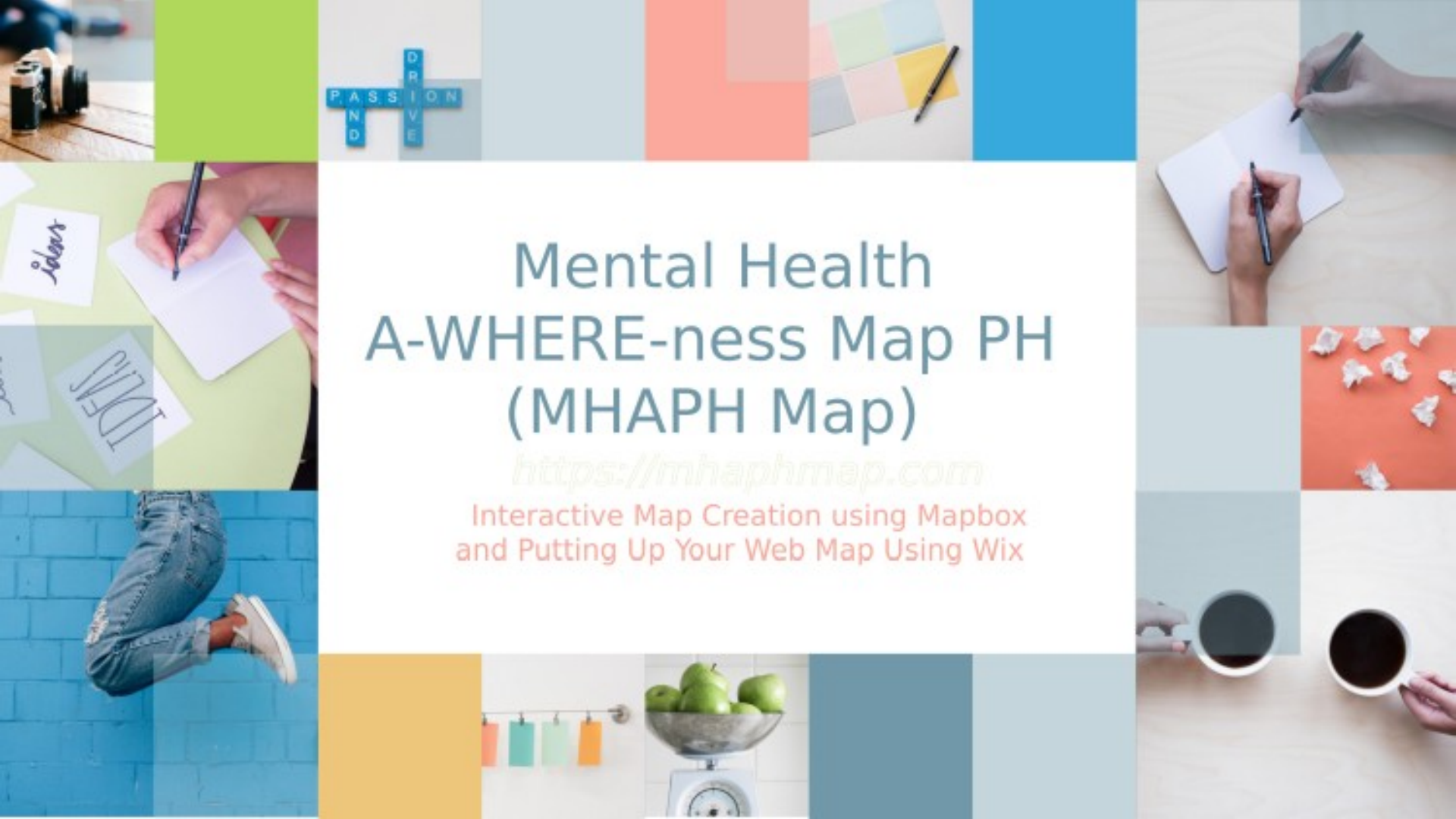


Mental Health A-WHERE-ness Map PH (MHAPH Map)

https://mhaphmap.com

Interactive Map Creation using Mapbox and Putting Up Your Web Map Using Wix

Hello!

I am Andi Tabinas

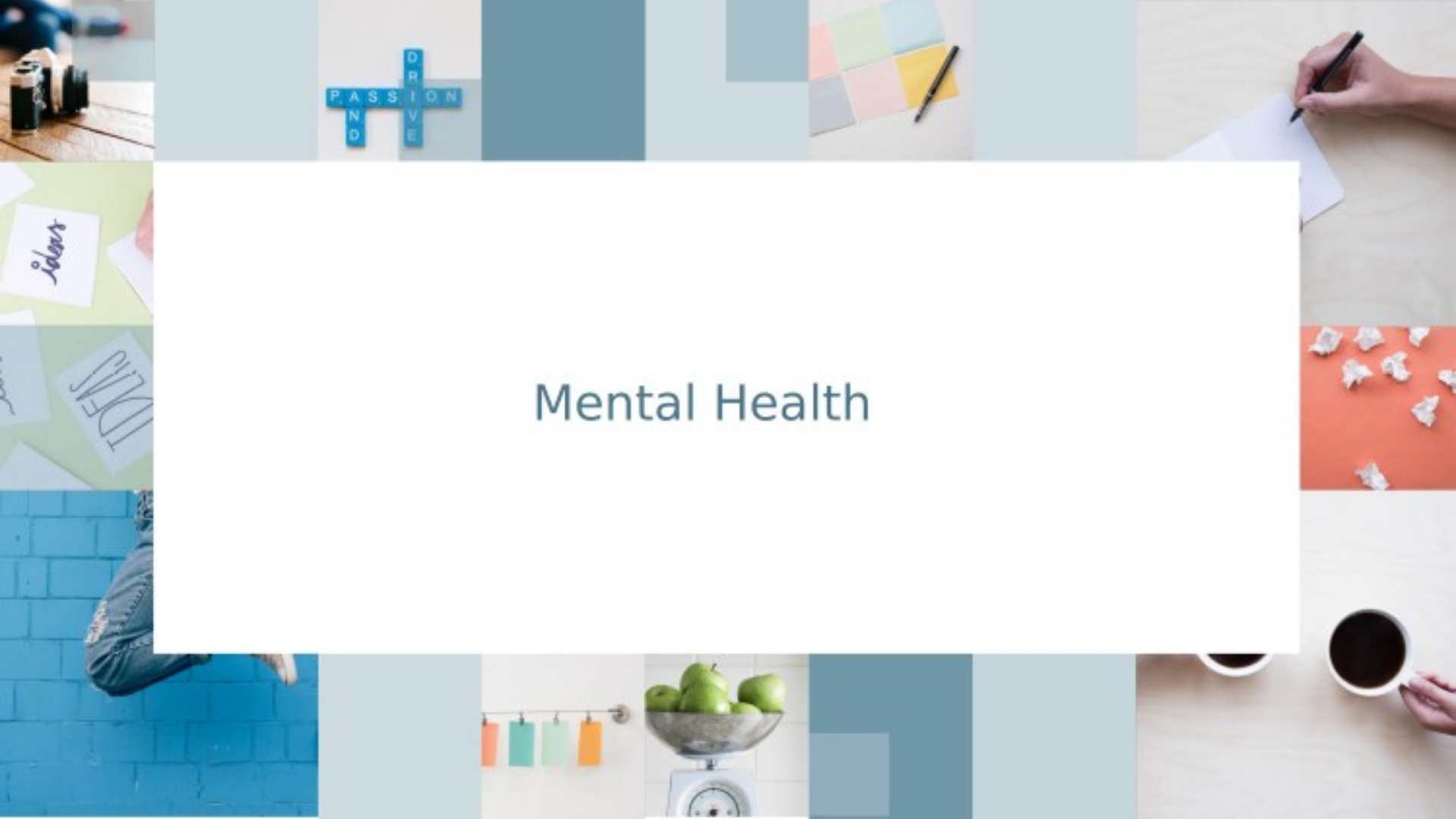
Geographer, Mental Health Advocate

Outline:

I. Understanding Mental Health and Mental Health in the Philippines
II. Why Make the MHAPH Map

MHAPH Map-making Process

III. How to Make Your Own Interactive Map Using Mapbox
IV. How to Put Up Your WebMap Using Wix



Mental Health

“a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

In the Philippines,

- 2,558 suicide cases (2012)
- 2.5% male suicide rate per 100,000 members of the population
- 1.7% female suicide rate per 100,000 members of the population
- 1 in 5 Filipino adults suffer from psychiatric disorders

Worldwide, 1 in 10 young people experiences a mental health problem.

Access to Mental Health Services in the country

Services

1:250,000 psychiatrist to mentally ill patients

0.002 mental health hospitals per 100,000 population

Budget

5% of the health budget

- 95% for operation, maintenance, and salary of personnel of mental hospitals

Seek help.

It’s important to talk about mental health and get help early if things don’t feel right, just like we would for our physical health.

Stigma

31% of people with mental illness say they choose to not seek treatment for their disorder due to fear of judgment.

Show where the
nearest help is

Data from Online Sources
Web Map
Data Processing and Presentation

PASSION
DRIVE
AND

Data from Online Sources

#MentalHealthPH
RedditPH, Psychological Advice
Other Sources

Free Services

Clinic/Doctor	Fee	Additional Information
PGH Psychiatry & Behavioral Medicine Department	Free	(02) 554-8400 loc. 2600 or 2600(02) 554-8467[3] (from /u/dreadfantasied). You have to have a referral from another psych first. If not, you'd have to go through their Family Doctor and queue with the others in OPD, so for this, I'd suggest you go in as early as you can, like 4 or 5 am.
UST Graduate School Psychotrauma Clinic	Free	406 1611 loc 4041 (from /u/deathmarched)
Center for Family Ministries (at Ateneo)	Free	(02) 426-6059 loc 50 http://cefam.ph (from /u/dreadfantasied)
Women's Bulacan Center	₱1k-5 sessions	(from /u/MissAlbidango)
Philippine Mental Health Association	Free for those who can't afford it, for those who can afford, sessions range ₱500 to ₱700	921-4988, East Ave, Pinahan, QC.

Selected Paid Services (sorted by fee)

Clinic/ Doctor	Fee	Additional Information
National Center for Mental Health (Charity Ops)	₱50 per session	"Mahaba pila tapos dapat super aga mo dapat dumating dun." (from /u/AngelDownhill)
Dr. Alipio	₱1,500 for new patients and ₱800 for follow-ups	No post
UST Hospital Outpatient Department (Neuro-Psych Clinic	₱100 for an initial consultation and ₱100 for follow-ups	Clinic Hours: 7am-5pm with lunch break. Adult Psych services in the afternoon except for Tuesday, Saturday, and Sunday.
National Center for Mental Health (Pay-Ops)	₱400 per session	(from /u/AngryGuestrat)
Dr. Kenneth Javata of Medical City	₱500 for initial consultation and ₱400 for follow-ups	
Dr. Anna Cruz at Medical City	₱500 per session	UGE1+ Weekly Appointment: 09157713362
Philippine Mental Health Association	₱600+ per session	East Ave, Pinahan, Quezon City · (02) 927-2202 · They give discounts depending on your financial situation. I believe the cheapest is ₱400.
Ortigas Medical City Psych Department	₱600 for initial consultation and ₱500 for follow-ups	
Dr. Gutang at National Center for Mental Health	₱1000 for initial consultation, less for follow-ups	

Mental Health Services

#MentalHealthPH

As part of the organization's goal of bringing mental health services closer to those in need, we've started sourcing details of different Mental Health Services all over the Philippines. If you know any mental health services or facilities around the Philippines, please feel free to add them to the mental health services.

Luzon

Clinic of the Holy Spirit
Address: 4 Los Angeles, Cubao, Quezon City, Metro Manila 1100
Contact details: 7214798/7217180, Clinic of the Holy Spirit, Inc., clinicoftheholyspirit@gmail.com
Look for: Randy Dellosa RPsy, Psy.D M.D (Psychiatrist),

Other Details:
Type: Private
Clinic Hours: Monday, Tuesday & Thursday (2:00 pm-11:00 am)
Price Range: "I charge P4K for the first consultation and P1K for the subsequent sessions. Each session lasts for an hour." -Dr. Randy Dellosa
Website: http://www.randydellosa.com/index.html

Life Change Recovery Center
Address: 105 Sct. Rallos St. Sacred Heart, Kamuning, Quezon City, 1104 Metro Manila
Contact details: (No Data)

Clinic of The Holy Spirit Inc.
Address: No. 4 Los Angeles Street Brgy. Immaculate Conception, Cubao, Quezon City 1108
Contact Details: Tel. No. 7214798/7217180, clinicoftheholyspirit@gmail.com

Other Details:
Type: Private
Website: https://www.facebook.com/Clinic-Of-The-Holy-Spirit-Inc-282980019487102/

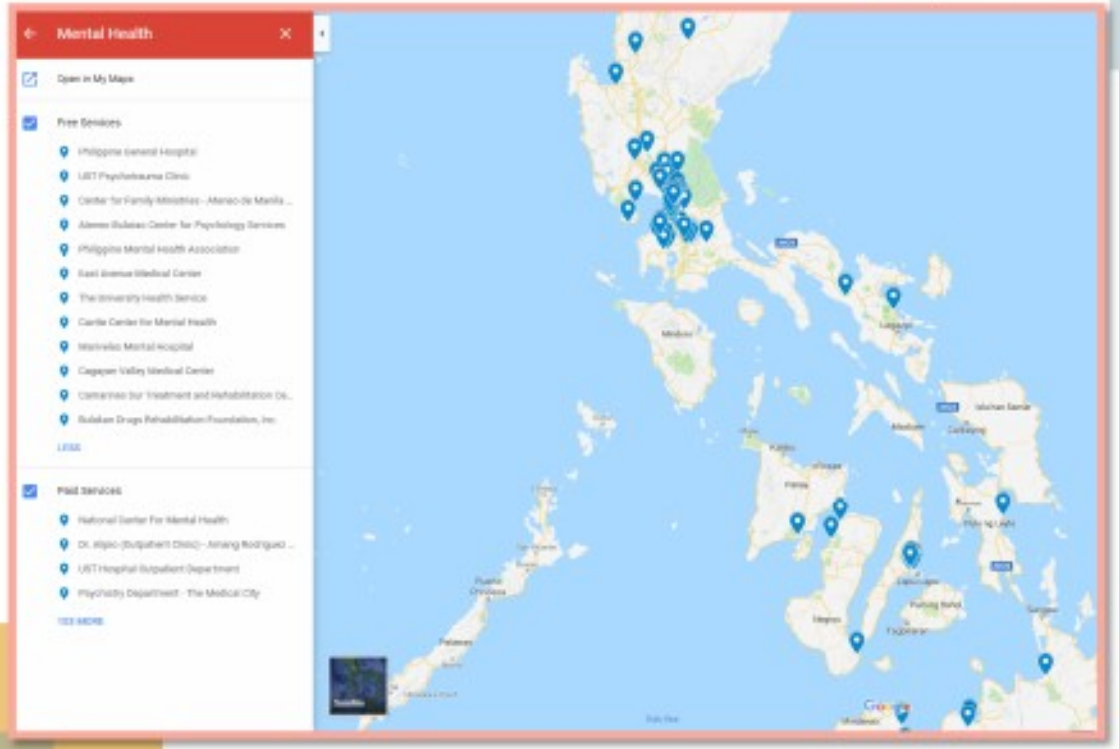
Cavite Center for Mental Health
Address: Trece Martires City, Cavite Government
Look for: George R. Repajar Jr., Provincial Health Officer

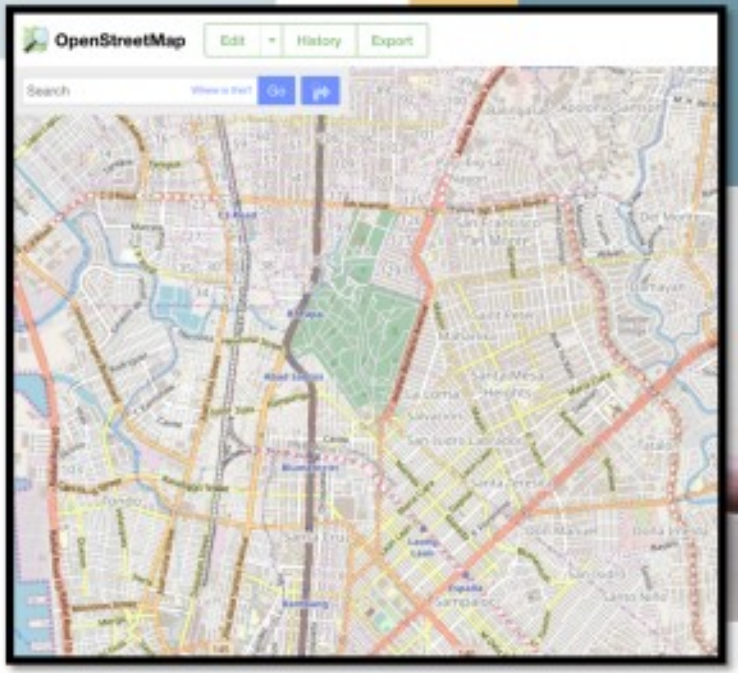
USIAUS - Center for Family Ministries
Ateneo de Manila, Loyola Heights, Quezon City

contact us through mentalhealthph@gmail.com for comments, corrections, or suggestions.

Location Search
GIS Software
Mapbox

Data Processing
and Presentation





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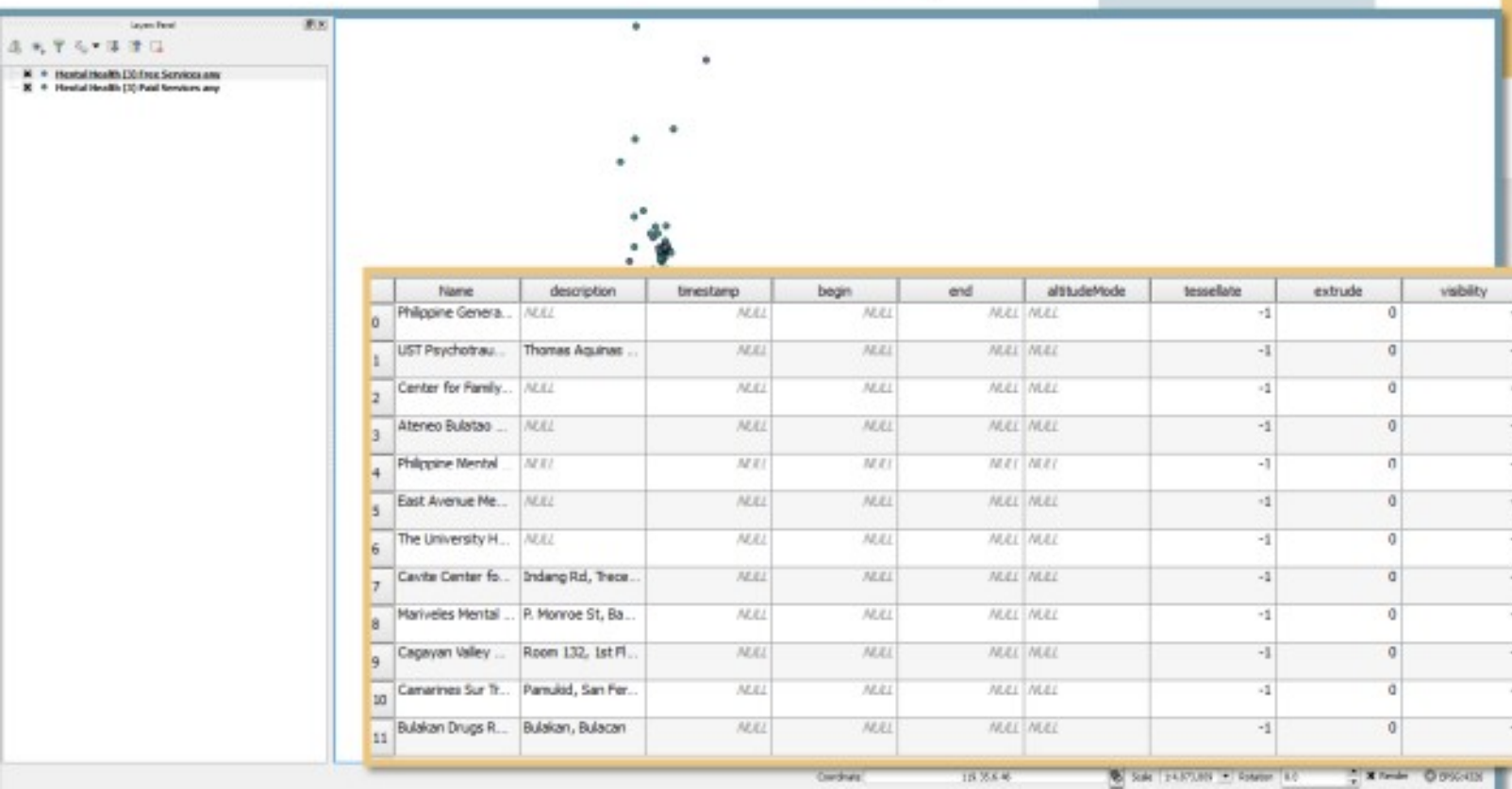

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1	UST Psychotrau...	Thomas Aquinas ...	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
2	Center for Family...	NULL	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
3	Ateneo Bulatao ...	NULL	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
4	Philippine Mental ...	NULL	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
5	East Avenue Me...	NULL	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
6	The University H...	NULL	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
7	Cavite Center fo...	Indang Rd, Theca...	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
8	Mariveles Mental ...	P. Monroe St, Ba...	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
9	Cagayan Valley ...	Room 132, 1st Fl...	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
10	Camarines Sur Tr...	Pamukid, San Fer...	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL
11	Bulakan Drugs R...	Bulakan, Bulacan	NULL	NULL	NULL	NULL	-1	0	-1	NULL	NULL

Location Search
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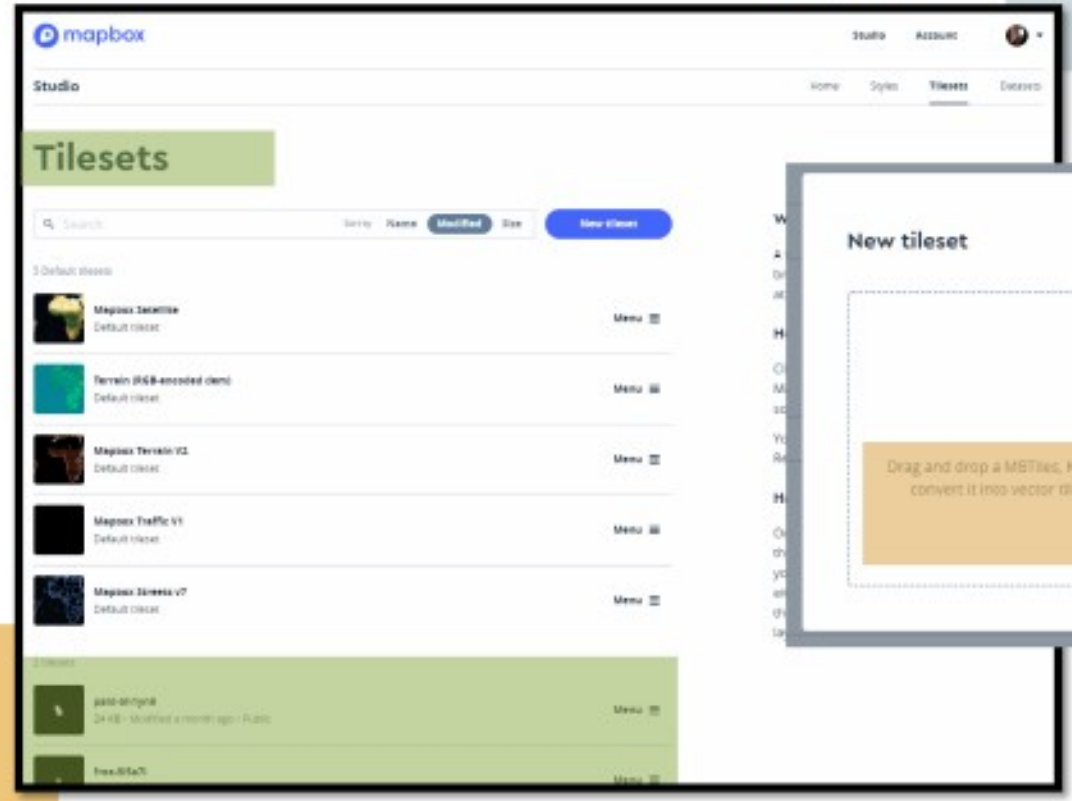
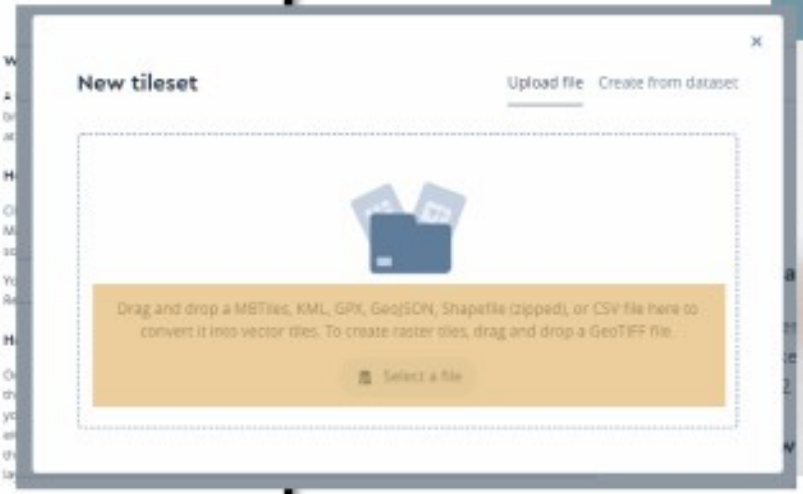
FID	Shape *	Name	Address	Contact_Dir	Additional	Lat	Long
0	Point ZM	Philippine General Hospital	Taft Avenue Ermita, Brgy 670 Zone 72, Manila	(02) 554-8400 loc. 2406 or 2446 (02) 554-55	You have to have a referral from another psych first. If not, you'd have to go through their Family Doctor and queue with the others	14.577702	120.988815
1	Point ZM	UST Psychotrauma Clinic	TAPIC Bldg., UST, España Blvd, Sampaloc, Manila	4061611 loc 4012		14.610163	120.987878
2	Point ZM	Center for Family Ministries - Ateneo de Manila	Spiritus-Pastoral Center, ADMU, Loyola Heights, Qu	(02) 426-6059 to 62	http://cefam.ph	14.639451	121.078892
3	Point ZM	Ateneo Bulatao Center for Psychology Service	1st Floor Bellarmine Hall, ADMU, Loyola Heights, Qu	4266001 loc 5268	Free 5 sessions	14.641468	121.079519
4	Point ZM	Philippine Mental Health Association	East Ave, Pinahan, Quezon City	921-4958	Free for those who can't afford it, for those who can afford, sessions range 7300 to 7700	14.637201	121.049823
5	Point ZM	East Avenue Medical Center	East Avenue, Diliman, Quezon City	(02) 928-88-11 to 24		14.642161	121.048164
6	Point ZM	Cavite Center for Mental Health	Indang Rd, Tirona Martinez, Cavite	(046) 416-3125	Look for: George R. Reginio, Jr., Provincial Health Officer	14.27737	120.889731
7	Point ZM	Mariveles Mental Hospital	P. Rivenne St, Bayan ng Mariveles, 2105 Bataan	(047) 935 4617; (047) 935 4150	https://mmh.gov.ph/contactus.php	14.430784	120.484807
8	Point ZM	Bayanan Valley Medical Center	Room 158, 1st Floor, Early Regional Center, Pagsanja	(049) 564 3968, (049) 564 3855, (049) 563 5		14.2656	121.1 6455
9	Point ZM	Camarines Sur Treatment and Rehabilitation Ce	Panukid, San Fernando, Camarines Sur	(054) 476-4769		13.5007 65	123.121796
10	Point ZM	Bulacan Drugs Rehabilitation Foundation, Inc.	Bulakan, Bulacan	0922 861 1319	https://www.facebook.com/Bulacan-Drug-Rehabilitation-Foundation-Incorporated	14.804788	120.867527

FID	Shape *	Name	Address	Contact_Dir	Fee_India	Fee_Sun	Additional	Lat	Long
0	Point ZM	National Center For Mental Health	Nueve de Febrero St., Mauway, Mandaluyong	(02) 531 9001	60	60	For NCMH Charity Opd, 60 per session; for regular opd, 500-600 per session; Dr. Gutang - 1800 for	14.580611	121.04387
1	Point ZM	Dr. Alipio (Outpatient Clinic) - Jonang Rodriguez Memori	Jonang Rodriguez, Ilaniona City		950	80	chrisalipio@gmail.com	14.635884	121.096234
2	Point ZM	UST Hospital Outpatient Department	Lacson Ave. Corner Dapitan St. Manila		200	100	Registration is up to 3PM only. Long queue so go there as early as you can.	14.612365	120.990289
3	Point ZM	Psychiatry Department - The Medical City	Lower Ground Floor, Podium Building, The Medical City, Ortigas Avenu	(02) 635-6789	650	500	Dr. Kenneth Javier - 650 then 600; Dr. Jonna Cruz - 500, lgbt+ friendly (09175773082)	14.588072	121.0691
4	Point ZM	Dr. Leticia Pimano-Ho (clinic) - Greenhills Mansion	Greenhills Mansion, Annapolis	6282942833478	1000	1000	₱1000 to ₱2000 per session (negotiable)	14.604484	121.052819
5	Point ZM	Dr. Ovidio De Leon (The Family Clinic, Inc.)	1474 Ma. Clara Street, Sampaloc, Manila	(02) 731 2901	1000	1000	₱1000 or less per session	14.615844	120.992997
6	Point ZM	Dr. Ma. Socorro C. Martinez (St. Luke's Medical Center)	St. Luke's Medical Center, Quezon City	723 0101 loc. 6610	1000	1000	St. Luke's QC - 723 0101 loc. 6610, 09999990002 St. Luke's Global City - 7897100 loc. 7120 CSMC -	14.622631	121.023233
7	Point ZM	Dr. Blanc Eric S. Reyes (Partners in Child Development	Brgy. Kapitolyo, Pasig City	632-638 loc. 8382 0917 887 7447	1000	1000	LGBT+ friendly	14.572388	121.060386
8	Point ZM	Dr. Aida Maria R. Perez (Psych Profile Center for Psyc	Unit 203 Margarita Bldg., Maalalo cor. Malalino Street, Teacher's Villag	0917 845 2509	1200	1200		14.6647	121.051676
9	Point ZM	Dr. Ed Tolentino and Dr. Jon Jurilla (Rakati Medical Cent	2 Anonuevo Street, Legazpi Village, Rakati	8888999	0	0		14.598039	121.014486
10	Point ZM	Dr. Victoria Caubala (The University Health Service)	UP Health Service, J.P. Laurel Avenue corner Agoncillo St, Agoncillo Dilir	(02)8firstname	2000	2000	Dr. Caubala may also be reached at Care and Counsel Wellness in Philippine Cana (Caubala Center	14.655081	121.071084
11	Point ZM	PsychConsult, Inc.	The Regalia Park Towers, 3rd 227, 150, Cubao, Quezon City	463 917 8000 8193	2300	1700		14.616246	121.053285
12	Point ZM	University Physicians Medical Center	PSH Compound, Taft Avenue, Manila	UPMC - 708-0000 Local 121	1700	1100	Please call Ms. Janet Uy for appointment. 11600 - 11100 - Dr. Marissa Pascual, Dr. Benjamin Vista,	14.577184	120.987934
13	Point ZM	SharedPsyche	733 H. Pejelo St., Pob. Oriental, Consolacion, Cebu	+63927 682-6521	0	0	(No details on fees): http://sharedpsyche.com	10.37255	123.955386
14	Point ZM	Vicente Sotto Memorial Medical Center Psychiatric Facil	B. Rodriguez St, Sambag II, Cebu City, Cebu	032 253-9890	0	0	(No details on fees)	10.300017	123.894572
15	Point ZM	North General Hospital Chemical Dependent's Control a	Kasuwagan Road, Talamban, Cebu City	032 343 7777	0	0	(No details on fees)	10.373332	123.915014
16	Point ZM	Hergroup-drug Rehabilitation and After Care Center	Camp Rawlins, Salinas Drive, Lahug, Cebu City	032 231 4152	0	0	(No details on fees)	10.339839	123.903476
17	Point ZM	We Do Recover, The Center for Creative and Living Sol	3rd st. Left La Guardia Lahug Cebu City	032 231 5229	0	0	(No details on fees)	10.333882	123.894174
18	Point ZM	Bridges of Hope Drug and Alcohol Rehab Center	086 Guano St, Ibabao-Estancia, Mandaue City	032 420 8207, 0917 704 6659	0	0	(No details on fees): http://bridgesofhope.com.ph	10.334736	123.945585
19	Point ZM	House of Hope	Lapu Lapu City, Cebu	032 3407941	0	0	(No details on fees): http://www.houseofhopecebu.com/	10.304702	123.957923
20	Point ZM	Western Visayas Medical Center - Department of Psyc	Mandurriao, Iloilo City, Iloilo	033 321 2641	0	0	(No details on fees)	10.710786	122.54167
21	Point ZM	Ang Dalangpan - Negros Occidental Drug Rehabilitation	Camp Gen. Aniceto Lacson Compound, Victorias City, Negros Occiden	034 399 3368	0	0	(No details on fees)	10.89332	123.059645
22	Point ZM	[illegible]	[illegible]	[illegible]	0	0	[illegible]	[illegible]	[illegible]

Location Search
GIS Software
Mapbox

Data Processing
and Presentation





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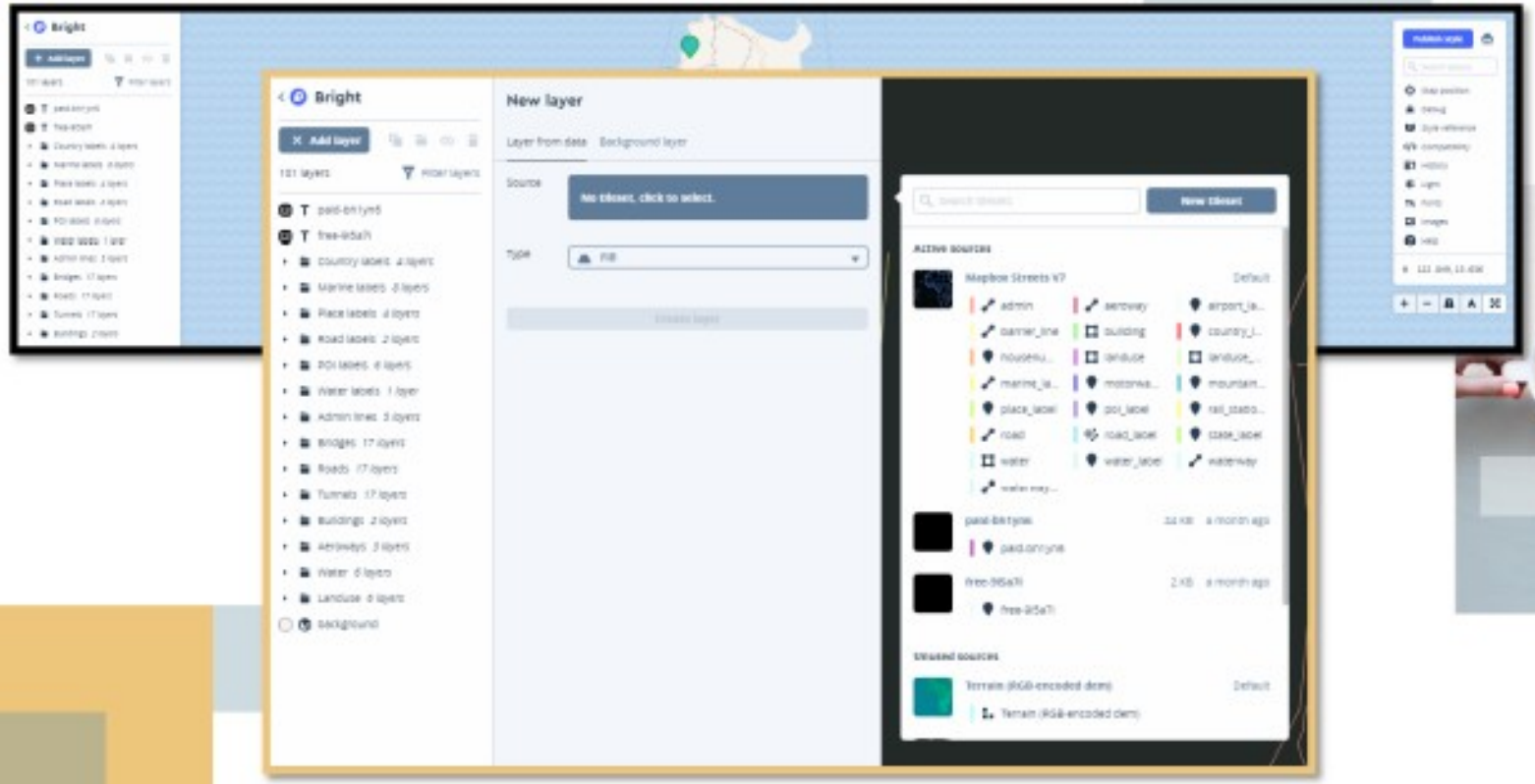

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Location Search
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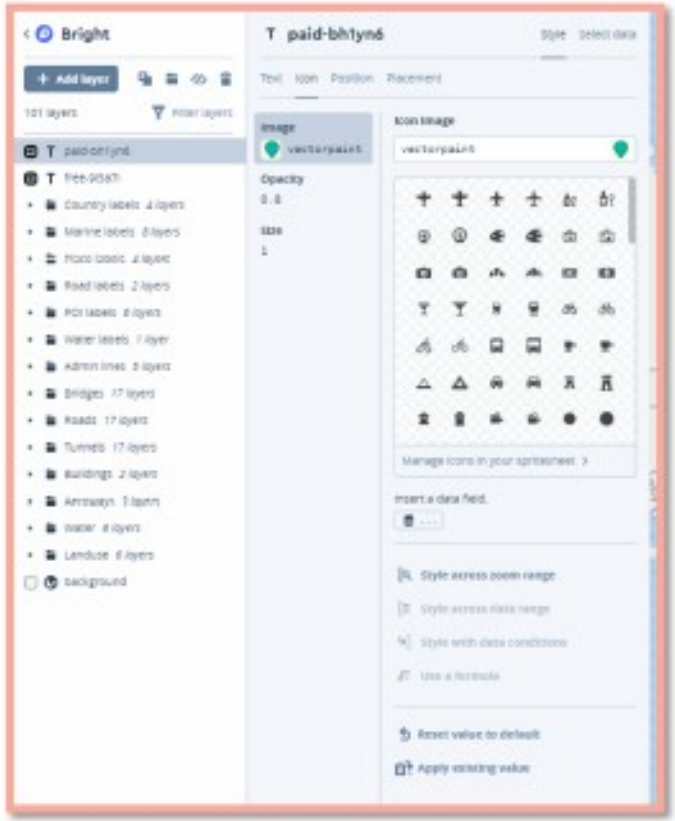

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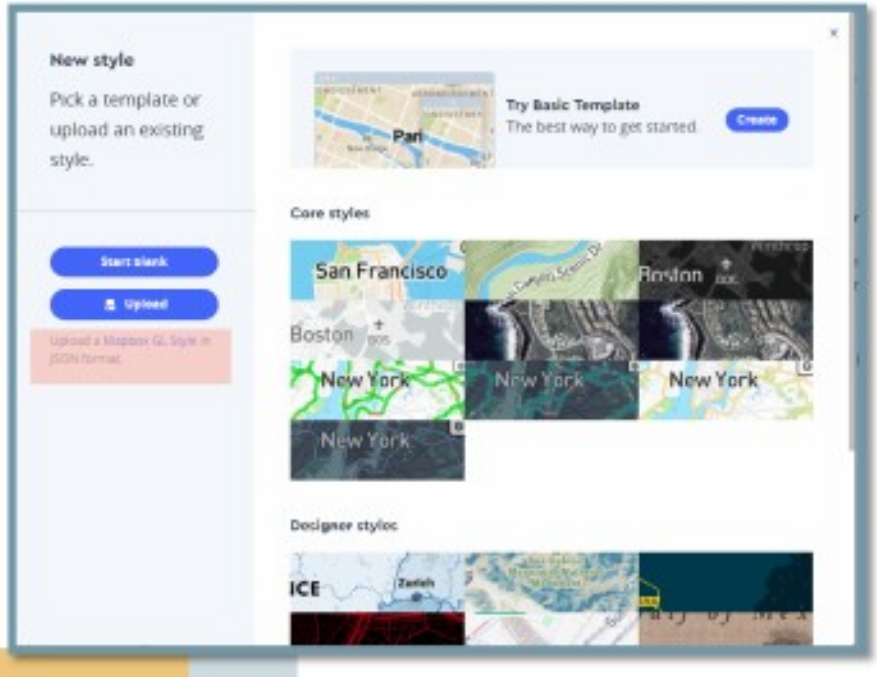

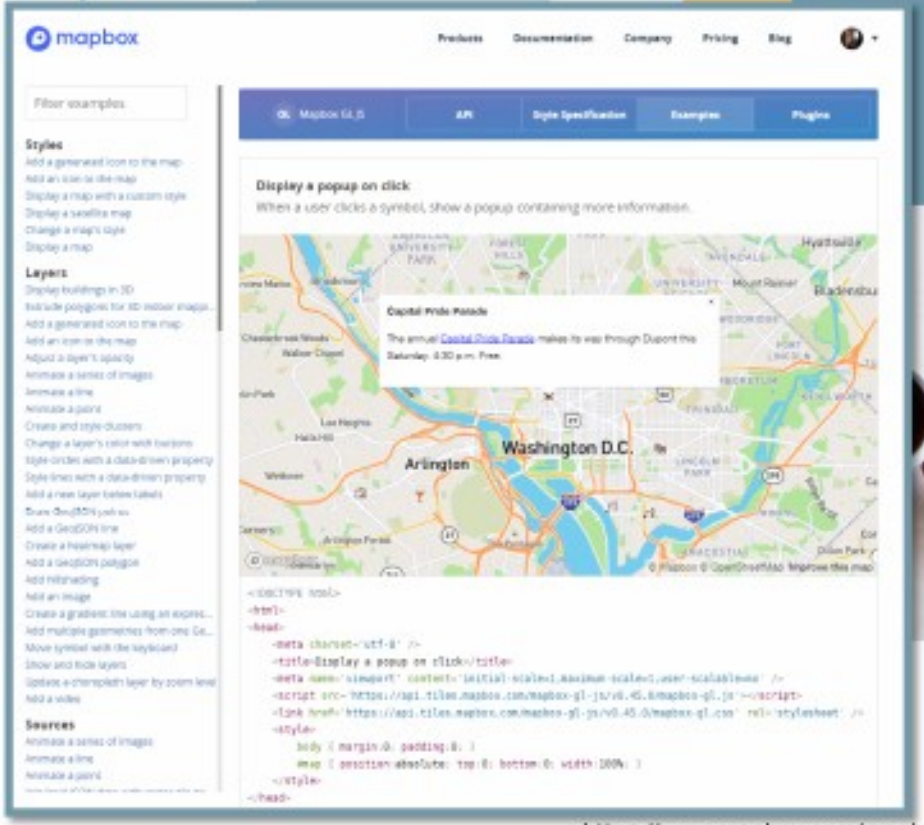

https://www.mapbox.com/mapbox-gl-js/

Location Search
GIS Software
Mapbox

Data Processing
and Presentation

```
<!DOCTYPE html>
<html>
  <head>
    <meta charset="utf-8" />
    <title>Mental Health A-WHERE-ness</title>
    <meta name="viewport" content="initial-scale=1,maximum-scale=1,user-scalable=no" />
    <script src="https://api.tiles.mapbox.com/mapbox-gl-js/v0.31.0/mapbox-gl.js"></script>
    <link href="https://api.tiles.mapbox.com/mapbox-gl-js/v0.31.0/mapbox-gl.css" rel="stylesheet" />
    <style>
      body {
        margin: 0;
        padding: 0;
      }

      #map {
        position: absolute;
        top: 0;
        bottom: 0;
        width: 100%;
      }

      #menu {
        background: #fff;
        position: absolute;
        z-index: 1;
        top: 10px;
        right: 10px;
        border-radius: 3px;
        width: 120px;
        border: 1px solid rgba(0,0,0,0.4);
        font-family: 'Helvetica Neue', sans-serif;
    }

    #menu a {
        font-size: 13px;
        color: #404040;
        display: block;
        margin: 0;
        padding: 0;
        padding: 10px;
        text-decoration: none;
        border-bottom: 1px solid rgba(0,0,0,0.25);
        text-align: center;
    }

    #menu a:last-child {
        border: none;
    }

    #menu a:hover {
```

Location Search
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Data Processing
and Presentation

```
    </style>
  </head>
  <body>
    <nav id='menu'></nav>
    <div id='map'></div>
    <script>
    mapboxgl.accessToken = 'pk.eyJ1ljoiYWNkaXRhYmluYXMiLCJhIjoiYjpnNjtlaJ1MXRhdnJ5cWNydmFlOQqxcC3Y.JwD_YhvaMVRLlcJnxtRQqw'; // replace this with your access token
    var map = new mapboxgl.Map({
      container: 'map',
      style: 'mapbox://styles/auditabinas/cjgpo4wj3003Rrcn9Vbbbdwt' // replace this with your style URL
    });
    // code from the next step will go here

    map.on('click', function(e) {
  var features = map.queryRenderedFeatures(e.point, {
    layers: ['Paid Services'] // replace this with the name of the layer
  });

  if (!features.length) {
    return;
  }

  var feature = features[0];

  var popup = new mapboxgl.Popup({ offset: [0, -15] })
    .setLngLat(feature.geometry.coordinates)
    .setHTML('<h3>' + "Name: " + feature.properties.Name + '</h3><p>' + '<b>Address: </b>' + feature.properties.Address + '</p><p>' + '<b>Contact Details: </b>' + feature.properties.Contact_De + '</p><p>' + '<b>Initial Fee: </b>'
    .setLngLat(feature.geometry.coordinates)
     .addTo(map);
});

    map.on('click', function(e) {
  var features = map.queryRenderedFeatures(e.point, {
    layers: ['Free Services'] // replace this with the name of the layer
  });

  if (!features.length) {
    return;
  }

  var feature = features[0];

  var popup = new mapboxgl.Popup({ offset: [0, -15] })
    .setLngLat(feature.geometry.coordinates)
    .setHTML('<h3>' + feature.properties.Name + '</h3><p>' + '<b>Address: </b>' + feature.properties.Address + '</p><p>' + '<b>Contact Details: </b>' + feature.properties.Contact_De + '</p><p>' + '<b>Additional Information: </b>'
    .setLngLat(feature.geometry.coordinates)
    .addTo(map);
});
```

https://www.mapbox.com/mapbox-gl-js

Mapbox Process

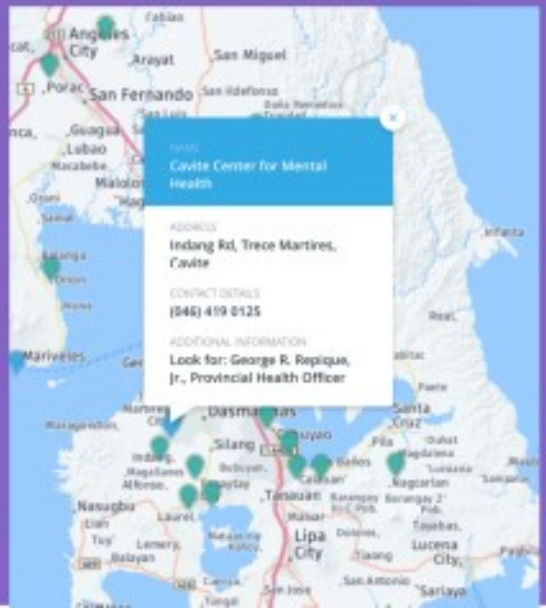
CARTO

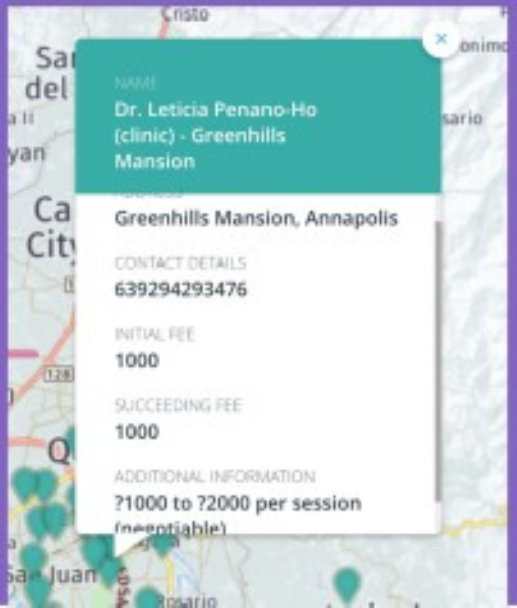
TALK TO US

SEE THE POWER OF LOCATION INTELLIGENCE

CARTO helps thousands of customers to use more location data to solve their biggest business challenges. Our account management team will give you a firsthand view and discuss with you how we can help your organization to do the same.

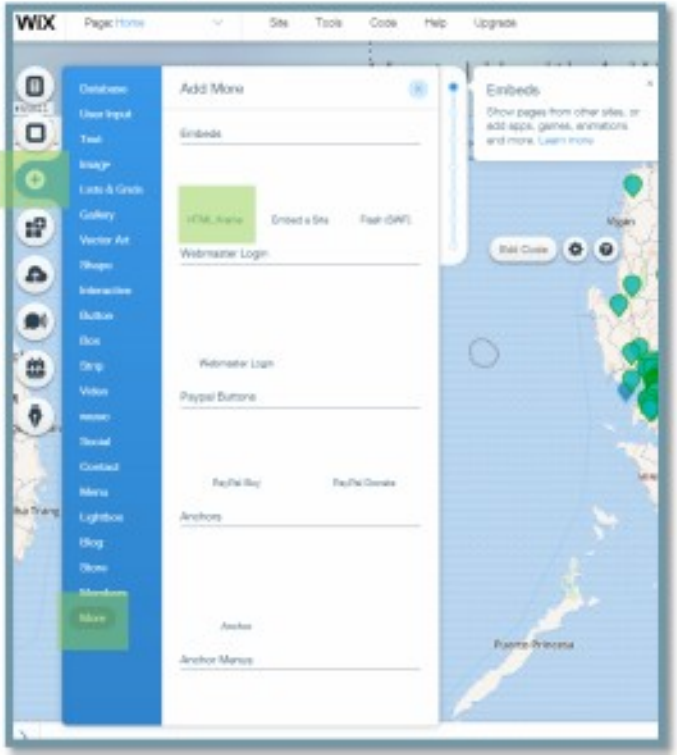
CARTO Ambassador & Research Program

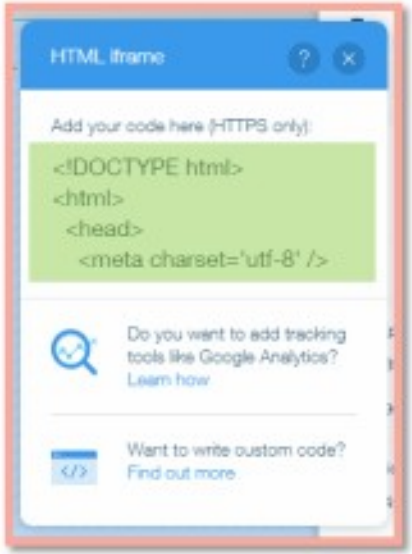




Wix

Web Map

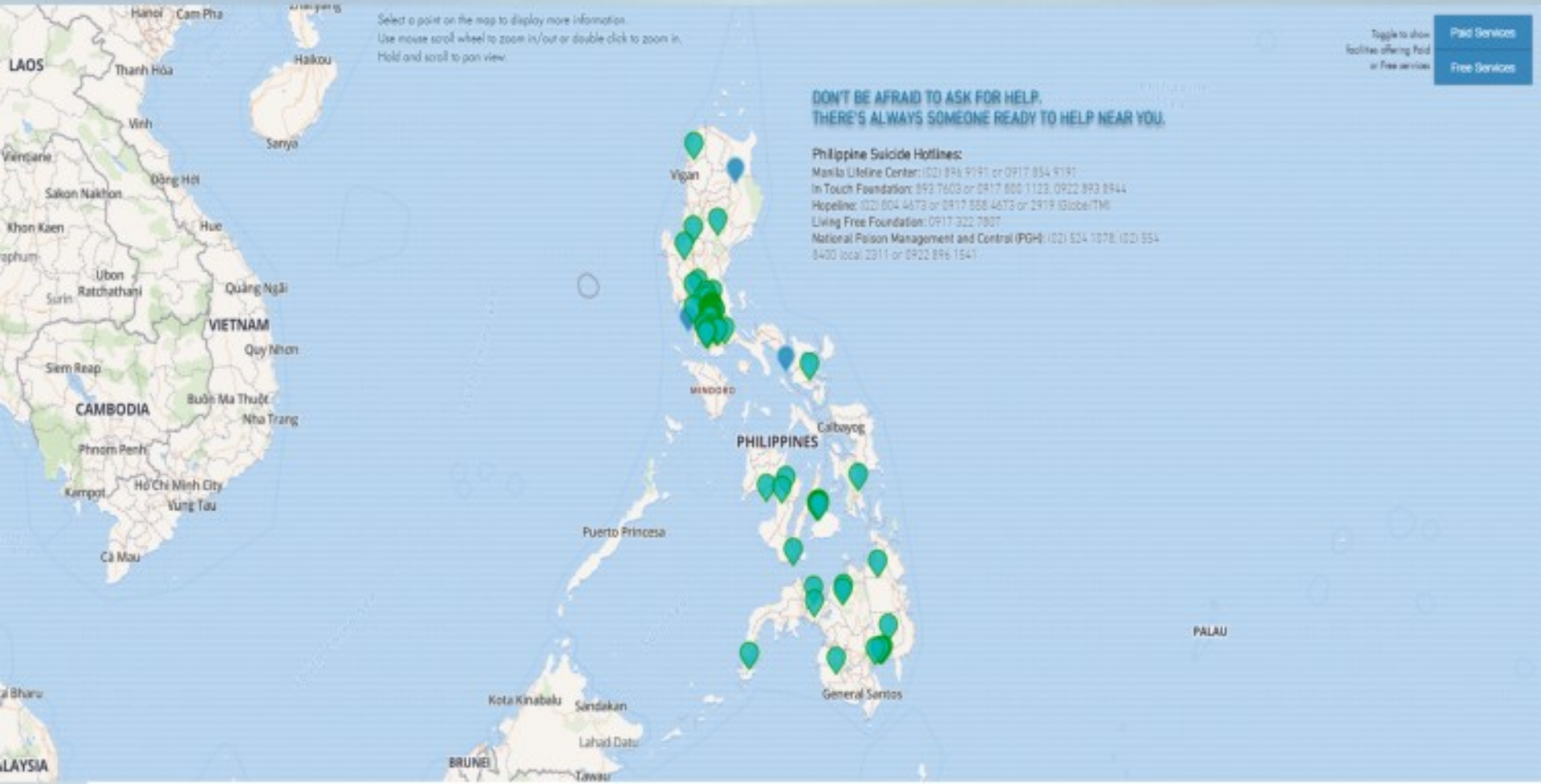




https://www.mapbox.com/mapbox-gl-js/

Mental Health A-WHERE-ness PH

Create Your WIX Site



Web Map

MENU

Mental Health A-WHERE-ness PH

> DON'T BE AFRAID TO ASK FOR HELP. THERE'S ALWAYS SOMEONE READY TO HELP NEAR YOU.

Philippine Suicide Hotlines:
Tawag Paglaum: 0939 937 5433, 0939 936 5433, 0927 654 1629
Manila Lifeline Center: (02) 896 9191 or 0917 854 9191
In Touch Foundation: 893 7603 or 0917 800 1123, 0922 893 8944
Hopeline: (02) 804 4673 or 0917 558 4673 or 2919 (Globe/TM)
Living Free Foundation: 0917 522 7807
National Poison Management and Control (PGH): (02) 524 1078; (02) 554 8400 local 2311 or 0922 896 1541

Click here or Mapbox to view full-screen map.

Wasite Version

https://mhaphmap.com

.mapbox.com/mapbox-gl-js/

- Select a point on the map to display more information.
- Use mouse scroll wheel (or − and +) to zoom in/out; double click to zoom in.
- Hold and scroll to pan view.
- Toggle between layers (Free Services and Paid Services) to show facilities offering paid or free Services.
- **Please share the Mental Health A-WHERE-ness Map to those who might need it!** 🙂

Instructions on how to Use the MapContrib Page

For those who would like to contribute additional data by adding locations to the map, you may opt to send the information through the Contact Page, or use the MapContrib Page for the Mental Health A-WHERE-ness Map. Your contribution will be added to the map on the next update upon verification of the information.

To use the MapContrib Page, please follow these steps:

1. Login with your openstreetmap account.
2. Add your data/point using the pencil icon on the right side of the page.
3. A crosshair will appear on the map. Put the middle of the crosshair at the exact location of the facility/service you would like to be added to the map.
4. Select "Mental health facility" on the "Add Node" portion.
5. Input information for "Name", "Address", "Free or Paid?" (Type whether the facility offers free or paid service), and "Additional Information" (Suggested time of visit, person to contact, website, etc.)
6. Click save.

Your inputs will be verified and added to the MHAPH Map on the next update.

HOW TO USE THE MHAPH MAP AND MAPCONTRIB PAGE

MAPCONTRIB

Contact

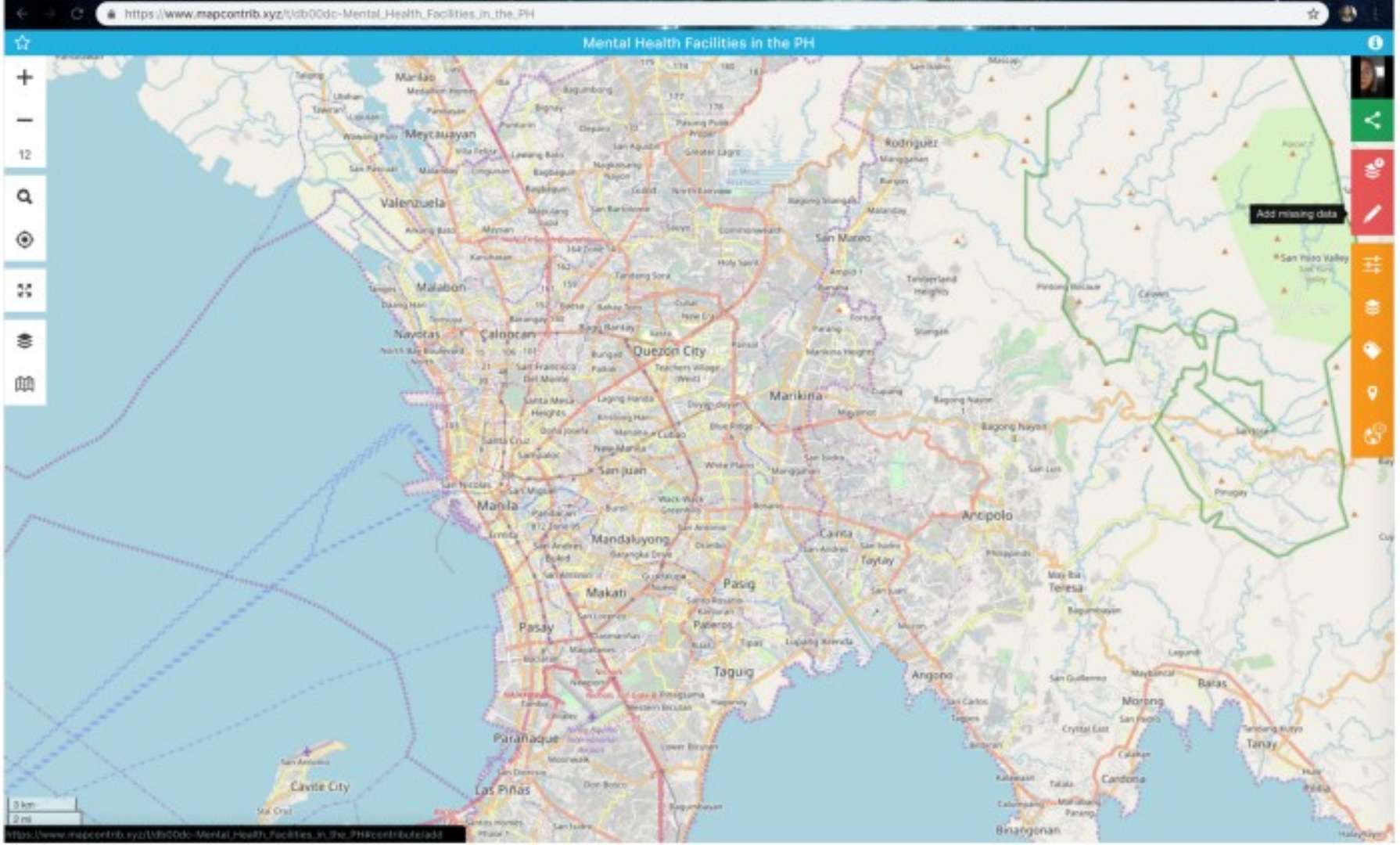
Data displayed on the map may be incomplete/inaccurate. For information you would like to add, please send me a message.

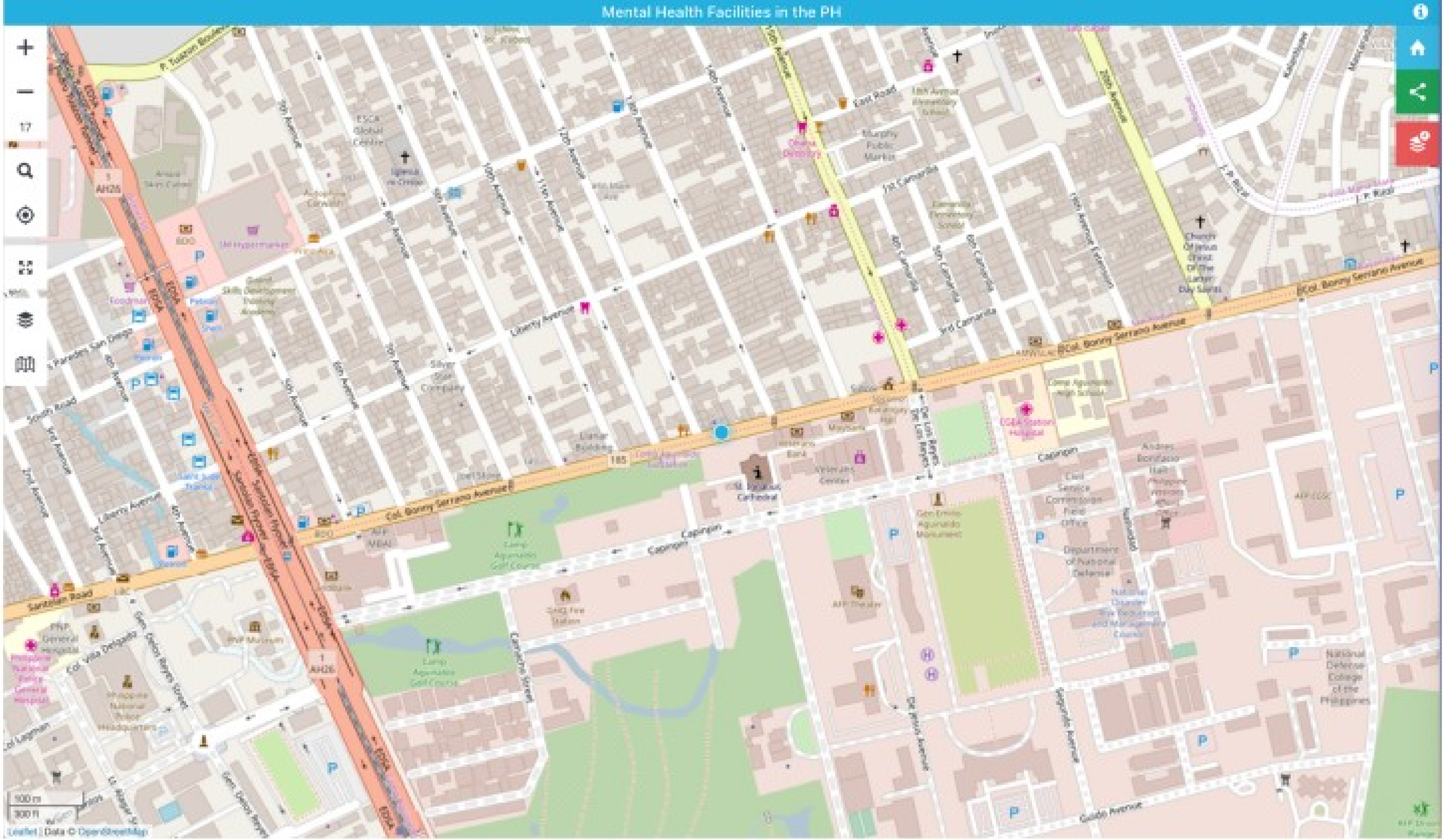
Name (required)

Email address (required)

Your message: (required)

SUBMIT »


https://www.mapcontrib.xyz/t/db00dc-Mental_Health_Facilities_in_the_PH
Mental Health Facilities in the PH
Add missing data
Manila
Quezon City
Marikina
Antipolo
Pasig
Taguig
Makati
Mandaluyong
San Juan
Caloocan
Malabon
Navotas
Valenzuela
Meycauayan
Rodriguez
San Mateo
Cainta
Taytay
Angono
Teresa
Morong
Baras
Tanay
Cardona
Binangonan
Parañaque
Las Piñas
Pasay
Cavite City
3 km
2 mi


Mental Health Facilities in the PH
17
P. Tuazon Boulevard
EDSA
East Road
20th Avenue
Liberty Avenue
Col. Bonny Serrano Avenue
Capinpin
Santolan Road
Carmelina Street
De Jesus Avenue
Segundo Avenue
Guido Avenue
SM Hypermarket
ESCA Global Centre
Murphy Public Market
St. Ignatius Cathedral
AFP Theater
Camp Aguinaldo Golf Course
EDSA Shalom Hospital
PNP Museum
Department of National Defense
National Defense College of the Philippines
100 m
300 ft
Leaflet | Data © OpenStreetMap

Mental Health A-WHERE-ness Map PH (MHAPH Map)

https://mhaphmap.com

Thanks!

Any questions?

You can find me at Twitter @andimariewoah and anditabinas@gmail.com