

## **LIST OF CENTERS OFFERING FREE ONLINE PSYCHOLOGICAL SERVICES DURING THE COVID-19 PANDEMIC**

*\*Note: This list is not an endorsement. The Asian Institute of Management is providing this information so that you may decide and choose to avail these services in this time of crisis aside from our in-house counseling services. The Institute has no information about the quality or extent of the services provided by these centers and availing of these is excluded in our HMO.*

### **National Center for Mental Health Crisis Hotline (NCMH-USAP)**

Provides mental health support for all affected by COVID-19

Mobile: 0917-899-USAP (8727) or 7-989-USAP (8727).

### **Philippine Mental Health Association, Inc. (PMHA) Online Support**

Provides mental health support for all affected by COVID-19

<https://www.facebook.com/PMHAofficial>

Mobile: 0917-565-2036

Email: [pmhaacds@gmail.com](mailto:pmhaacds@gmail.com) or [pmha.eard@gmail.com](mailto:pmha.eard@gmail.com)

### **UP Diliman Psychosocial Services (UPD PsychServ)**

Provides telepsychotherapy services for healthcare frontliners.

Mobile: 0906-374-3466

[https://docs.google.com/forms/d/e/1FAIpQLSfBzNIOFg8spmK25FVEhQ\\_djE5TN0rOS3--vhvqUyA-BAASHw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfBzNIOFg8spmK25FVEhQ_djE5TN0rOS3--vhvqUyA-BAASHw/viewform).

### **Ateneo Bulatao Center for Psychological Services**

Provides online counseling and Psychological First Aid with priority given to frontliners

Email: [bulataocenter.ls@ateneo.edu](mailto:bulataocenter.ls@ateneo.edu)

<http://ateneobulataocenter.com/>

### **PsychConsult, Inc.**

Provides online counseling for all affected by COVID-19

[www.bit.ly/PCI-COVID-19](http://www.bit.ly/PCI-COVID-19)

Phone: 84212469

### **GrayMatters Psychological and Consultancy, Inc. Philippines**

Provides online counseling for all affected by COVID-19

[www.graymattersportal.ph](http://www.graymattersportal.ph)

Mobile: 0917-709-6961 or 0997-561-8778

[bit.ly/gmfrontliners](http://bit.ly/gmfrontliners)

**Circle of Hope Community Services, Inc.**

Provides TeleMental Health services to promote effective coping and resilience for healthcare workers.

[www.circleofhopecommunity.com](http://www.circleofhopecommunity.com)

Sign up: [bit.ly/SCbreak](http://bit.ly/SCbreak).

Mobile: 0917-822-2324 or 0925-557-0888

**Mental Health First Responders (MHFR)**

Provides free online peer and family support.

<https://forms.gle/DN49AwPw4X4VwvFR7>

**In Touch Community Services**

Provides 24/7 crisis line for the mental wellness of all health and safety frontliners.

Phone: 8-893-7603

Mobile: 0917-800-1123 or 0922-893-8944

**The Masters Psychological Services**

Provides psychosocial support services

<https://www.facebook.com/theMastersPsych/photos/a.1783242525300758/2349215198703485/?type=3&theater>

**Philippine Sports Commission (PSC)**

Provides psychosocial services for national athletes

<https://www.facebook.com/PhISportsCommission/photos/a.141010595922256/3015408195149134/?type=3&theater>

**PGCA-Pampanga Chapter: Online Counseling for CoVid-19 Frontliners**

Provides free online counseling services for frontliners

<https://www.facebook.com/pgcapapclonline/>

**SLU-Sunflower Children and Youth Wellness Center (Baguio**

**City)** Provides mental health support for all affected by COVID-19

Mobile: 0915-541-550 or 0928-832-6372 Email:

[slusunflower@slu.edu.ph](mailto:slusunflower@slu.edu.ph)

**University of San Carlos (USC) Mental Health Support for Covid-19 Frontliners**

**(CEBU)** Provides mental health support for all affected by COVID-19

<https://www.facebook.com/USC-Mental-Health-Support-for-Covid-19-Frontliners-105068654461755/>

**Western Visayas Psychosocial Support for COVID-19**

Provides psychosocial support services for all affected by COVID-

19 <https://www.facebook.com/westernvisayas.psychosocial/>

**Camp Navarro General Hospital, Health Service Center, Health Service Command**

**AFP** Provides telepsychology services for all affected by COVID-19

Calarian, Zamboanga City

Viber 09173051891

CP no. 09666916116

**Psycli-nik psychological assessment and intervention services**

NZUE Building third floor, room 303, Tomas Claudio Street., Zamboanga City

Provides telepsychology services for all affected by COVID-19 Viber

09173051891

Phone: 9558103

Email: [Psyclinik06@gmail.com](mailto:Psyclinik06@gmail.com) or [lolina\\_bajin@yahoo.com](mailto:lolina_bajin@yahoo.com)

**The De La Salle University Dasmarinas Center for Applied Psychology**

Provides online Mental Health And Well-Being Support Services to everyone affected by COVID-19

Mobile: 0935 751 9227 or 0919 499 83 81

<http://tiny.cc/DCAPCovid19>

<https://www.facebook.com/DLSUDCAP/>

**The HOFFEN CLINIC (Center for Mental Health and Psychosocial Development)**

Adventist Hospital Davao

Provides telepsychology services for all affected by COVID-

19 Mobile: 0951 815 H-O- P-E (0951 815 4673) Phone: (082)

297 2761 loc. 269

FB Page: Center for Mental Health and Psychosocial Development

Email: [centerformentalhealth@adventisthealth-dvo.com](mailto:centerformentalhealth@adventisthealth-dvo.com)

### **Covid-19 Mental Wellness Professional Resources (Bicol Region)**

Provides telecounseling and professional resources to affected individual of COVID-19  
<https://www.facebook.com/Telecounselors/>

### **Knox Cube Behavioral & Mental Health Center (Olongapo-Zambales)**

Provides counseling to healthcare workers in the Olongapo-Zambales area primarily and the community  
<https://doxy.me/0811>

### **Psycore Neuro Testing Center (Isabela)**

Provides telepsychology services for all affected by COVID-19  
Mobile: 09772884563  
<https://psycore-neuro-testing-center.business.site/>

### **UP Tacloban Mental Health and Psychosocial Support**

Provides online psychosocial support with priority given to frontliners  
<https://www.facebook.com/uptacmhps/>  
<https://forms.gle/y1SVfTQ9xvvqwRaa6>

### **Telepsychology for the Lasallian Community**

Provides telepsychology services to all with priority given to frontliners and members of the Lasallian community  
<https://www.facebook.com/tlc.dlsu/>  
<http://bit.ly/dlsutlc>  
Email: [tlc.dlsu@delasalle.ph](mailto:tlc.dlsu@delasalle.ph)  
Mobile: MWF 09152001294 TThS 0999 202 4612

### **University of Santo Tomas: Thomasian Mental Health Responders**

Provides online mental health support <https://tinyurl.com/TMHR-COVID19> Mobile: 09171521817.

### **OJ Fortune Psychological Services (Ilagan City, Isabela)**

Provides telecounseling  
<https://www.facebook.com/OJ-Fortune-Psychological-Services-207210499689882/>  
Mobile: 09778040482

**Project Bohol: Mental Health Awareness (Pagpakabuhi)**

Provides telecounseling

<https://www.facebook.com/projectboholmha/>

Mobile: 0938 089 0081

**New Day Recovery Center (Davao)**

Provides online psychological services

<https://www.facebook.com/ndrcPH/>

Mobile: 09230813854 or 09064941686

**Psychstart Psychological, Academic and Art**

**Services** Provides online psychological services

<https://www.facebook.com/psychstartservices/>

**MOH-BARMM COVID-19 MHPSS/PFA HOTLINE**

Provides mental health and psychosocial support services and psychological first aid Mobile: 09568161066 or 09391529219

**Western Visayas Medical Center – Department of Psychiatry**

Provides mental health support for frontliners/healthcare workers <https://www.facebook.com/wvmcpsych/>

Mobile: 09967077580 or 09310251276

**ConvoCare Behavioral Health Services (Cebu City)**

Provides Free Telepsychology Services and Spiritual Direction

[https://www.facebook.com/ConvoCare-Behavioral-Health-Services-100477644862129/?\\_rdc=1&\\_rdr](https://www.facebook.com/ConvoCare-Behavioral-Health-Services-100477644862129/?_rdc=1&_rdr)

Mobile: 09273673762 or 09333932816

**The Mind Nation**

Provides free psychological consultation

<https://www.facebook.com/notes/mindnation/free-mindnation-online-consultations-full-details/2780388815527171/>

<http://bit.ly/freemindnation>

**Milestone Health and Wellness**

Provides free phone assessment focused on identifying current stressors related to substance use / gambling / internet / mental health. It also includes brief intervention and awareness on treatment and recovery.

<https://www.facebook.com/milestonehealthandwellness/>

**Camp Coco Wellness Alternatives**

Provides online individual well-being consultations every Tuesday/Thursdays of the week for the month of April.

Email: [campcocowellness@gmail.com](mailto:campcocowellness@gmail.com)

[www.campcocowellness.com](http://www.campcocowellness.com)