

Symposium | Forensic Psychiatry : [Symposium 9] Anti-stigma 1

📅 Thu. Sep 25, 2025 2:45 PM - 4:15 PM JST | Thu. Sep 25, 2025 5:45 AM - 7:15 AM UTC 🏛️ Session Room 3 (Large Hall A)

[Symposium 9] Anti-stigma 1

Moderator: Michio Suzuki (Itoigawa Clinic/Arisawabashi Hospital)

[SY-9-03] Bridging the Gap: Filipino Initiatives in Combating Mental Health Stigma

*Joan Mae Gillamac Perez-Rifareal¹ (1. Philippine Psychiatric Association (Philippines))

Keywords : Philippine Psychiatry、Mental Health Stigma Reduction Initiatives、Filipino Culture

Mental health stigma remains a significant barrier to seeking care in many societies, and the Philippines is no exception. This presentation synthesizes findings from recent literature to explore the landscape of initiatives implemented across the Philippines to address mental health stigma. We examine various approaches, including those targeting specific populations like healthcare workers, students, and community residents, as well as broader public health strategies and digital interventions. Drawing from a scoping review, qualitative analyses, and local studies, we will present evidence on the effectiveness of these interventions in improving mental health outcomes and promoting help-seeking behavior. Key strategies discussed include integrating mental health into primary care, leveraging community-based approaches, and utilizing technology to enhance accessibility and reduce stigma. The presentation will conclude with important lessons learned, highlighting the need for culturally sensitive, multi-sectoral collaboration and the crucial role of policy, such as the Philippine Mental Health Act, in creating a supportive ecosystem for mental wellness. This overview aims to provide valuable insights for global health leaders and policymakers seeking to replicate successful models in their respective contexts.