

Mental Health Coverage for NGOs

July 2021

OVERVIEW

About Mind You

Mind You provides a comprehensive mental healthcare solution for employees and individuals through preventative therapy and counseling. The organisation endeavours to lift the stigmas surrounding mental health and pioneer national access and affordability of mental healthcare for all.

About Mind You's NGO Community Program

According to the World Health Organization, there is only 1 psychologist for every 80,000 Filipinos, which is 6x lower than their recommendation. Mind You recognises this supply shortage and is working with top-tier universities in the Philippines to ensure the continuity of graduates meeting the requirements to sit their board exams to become licensed psychologists. Specifically, psychology students need to complete 200 hours of practicum internship experience in order to do so.

The program is thus an opportunity for Mind You and its partner organisations to provide support for our future mental health professionals through guided clinical exposure. The methods and techniques used by our team in the mental health counselling sessions are based on the training modules created and designed by Mind You and its team of psychologists and mental health experts. Both chat and tele-session options provided by Mind You are supervised sessions that follow a counselling framework of a world-class standard.

This NGO arm links psychology medical practitioners with NGOS who are interested in receiving mental health sessions.

How to Apply for CSR Partnership:

1. Send in a filled out application form to partnerships@mindyou.com.ph
2. Our CSR partnership coordinator will get back to you with the status and result of your application
3. Should your application be successful, a handover meeting will be scheduled between our CSR partnership coordinator and CSR account manager to initiate the onboarding process

How to Register Users:

1. After the Handover meeting, the Human Resources representative or Partnership Manager will be provided with an “Employee Database Template”
2. Fill out the template with all users assigned to the Mind You CSR Package (number of users will be agreed upon during the handover meeting)
3. Send back the filled out employee database to the CSR Account manager

In conjunction with the partnership agreement, we will also be signing a Data Privacy Agreement (DPA) to ensure your data is free from all risk. The NGO partner will supply Mind You with a CSV file of all employees and connected parties for Mind You to provide access to the Mind You platform in order to provide the mental health services.

Limited 6-Month Free Preventative Mental Health Coverage

NGOs have six months from the time of engagement to utilise Mind You’s free services. These include unlimited chat sessions and, if deemed necessary, one free supervised tele-session per person. Those services will be led by graduating psychology students supervised by licensed psychologists. After 6 months, Mind You can extend this to a rolling month-to-month partnership.

Extra coverage

Participants who receive free mental health sessions (either chat or tele-sessions) can then purchase further sessions with their preferred level of practitioner. Service brackets include:

1. Newly licensed psychologist - Php1,200
2. Experienced licensed psychologist - Php2,200
3. Senior licensed psychologist - Php3,500
4. Licensed psychiatrist - Php3,500

Session privacy and confidentiality

Mind You adheres to strict data privacy. All information shared is confidential to the psychology medical student conducting the session and the senior psychologist overseeing the engagement. No third party will have access to the notes or recordings.

Voluntary participation

Participation is completely voluntary. Individuals may withdraw at any time without penalty or consequence.

Recommended Coverage

Mind You emphasises the importance of preventative mental healthcare and the importance of reducing the stigmas surrounding mental health. Thus, this initiative provides services to the entire population of the qualifying organisations, as opposed to identifying individuals who seek out the service.

Disclaimer

This is an internship delivery program that is a joint-advocacy, community service to help support our mental health professionals in the country. By onboarding as an NGO partner, the partnering organisation acknowledges that they are jointly participating in this free community program.
