



Affirming with Pride: A Call for LGBTQ+ Affirmative Mental Healthcare in the Philippines

A Solidarity Statement

June 30, 2025

As we celebrate Pride Month this year, the **Psychological Association of the Philippines-LGBT Psychology Special Interest Group** and all PAP's Specialty Divisions, **Philippine Guidance and Counseling Association (PGCA)**, **MentalHealthPH**, **Philippine Mental Health Association (PMHA)**, **Pambansang Samahan sa Sikolohiyang Pilipino (PSSP)**, and **Philippine Professional Association for Transgender Health (PPATH)** reaffirm their unwavering solidarity with all mental health practitioners and advocates who champion LGBTQ+ affirmation in their practice.

Pride is more than a celebration—it is remembrance, resistance, and an act of love. It speaks to the continuing struggle for dignity, safety, and recognition in a world that too often renders LGBTQ+ lives invisible or disposable. This struggle does not end in June. It demands daily commitment, especially within systems of care where healing must never be conditional.

We encourage Filipino mental health clinics, professionals and institutions across the country to take the next step, from first symbolic gestures, to demonstrating an active, intentional practice of inclusion and affirmation. This means deepening our understanding of LGBTQ+ lived realities, dismantling the biases embedded in our systems, and building therapeutic relationships rooted in respect, responsiveness, and liberation. Neutrality is not enough. To care for LGBTQ+ clients, including LGBTQ+ adults, children, couples, and families, is to affirm their identities, validate their experiences, and safeguard their right to heal without shame or fear.

To work for LGBTQ+ affirmation is not a passing fad to follow—it is a standard to uphold, a responsibility to bear, and a collective promise we must honor. Let us co-create spaces where mental health is not a privilege but a right; where being LGBTQ+ is not treated as a barrier to care, but as a valid and vibrant part of human diversity.

Science is clear: SOGIESC affirmation promotes LGBTQ+ well-being. Affirming one's SOGIE is linked to lower psychological distress and better mental health outcomes (Burger & Pachankis, 2024). These findings are consistent with the PAP Code of Ethics (2022), which upholds non-discrimination and the dignity of all clients—regardless of SOGIESC. **Affirmation isn't just best practice—it's an ethical responsibility.**

Hindi natatapos ang Pride sa buwan ng Hunyo. Patuloy itong isinasabuhay sa bawat sesyon ng pakikinig, sa bawat espasyong ligtas at mapagkalinga, at sa bawat paninindigang ang bawat LGBTQ+ na Pilipino ay karapat-dapat mahalin, igalang, at paglingkuran nang may dignidad at katarungan.

-End-

Mental Health and Professional Organizations



**PAP LGBT PSYCHOLOGY
SPECIAL INTEREST GROUP**



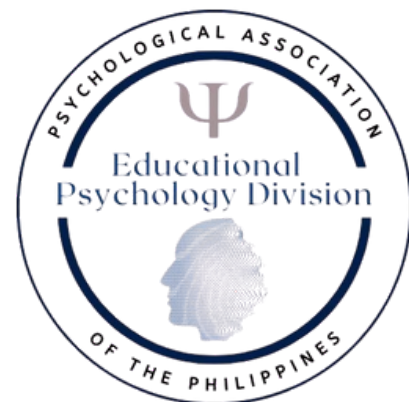
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SIKOLOHIYANG PILIPINO**



PPATH 2022
PHILIPPINE PROFESSIONAL ASSOCIATION
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#MentalHealthPH

Psychological Association of the Philippines' Specialty Divisions



Mental Health Clinics and University- and Community-Based Organizations



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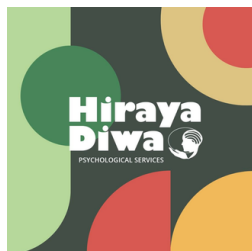
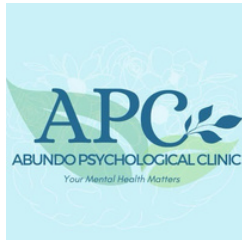
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WE STAND WITH PRIDE.**

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#PrideInPsych
#ParaSaBahaghari
#LGBTPsychology