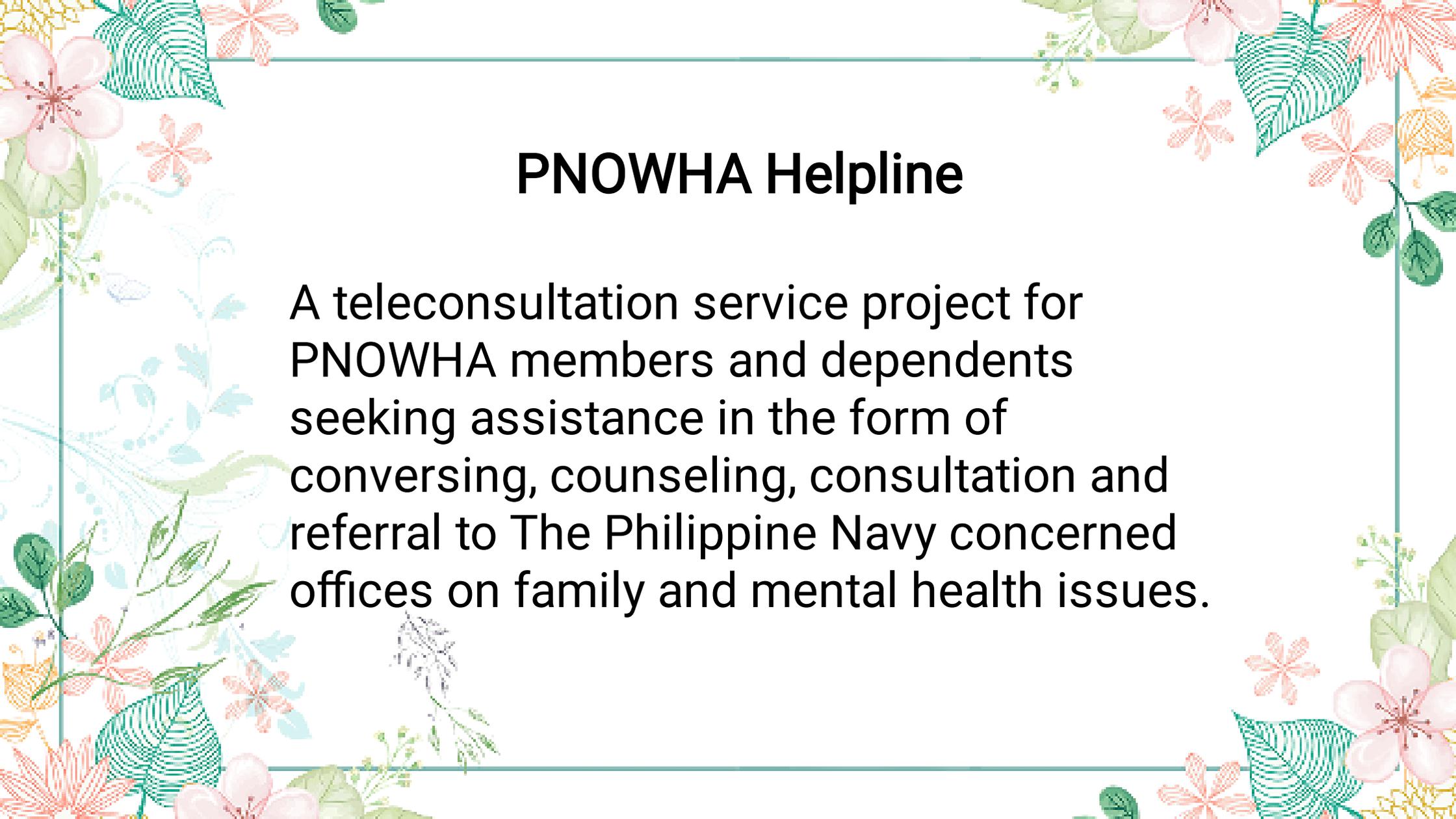


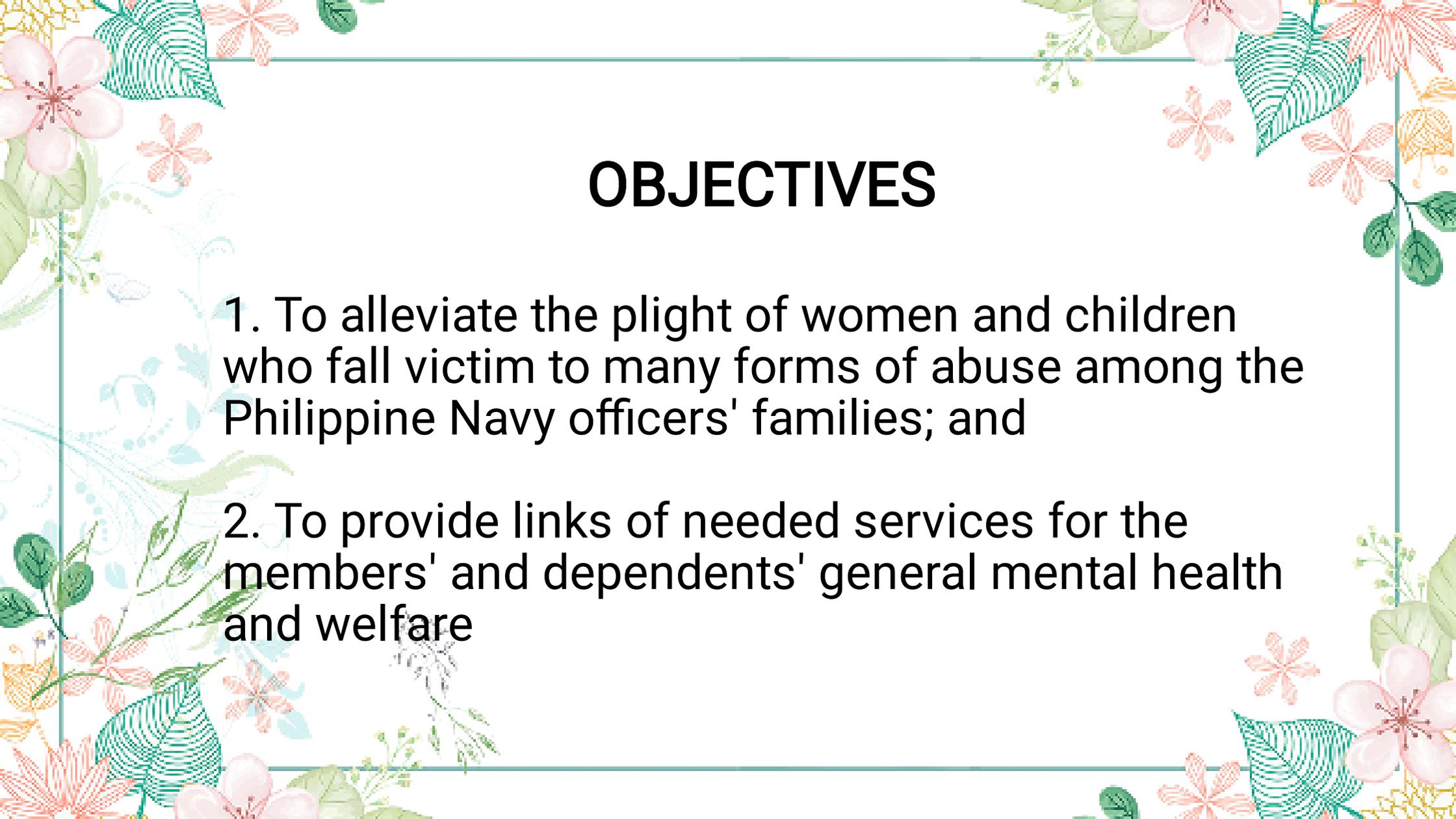


PNOWHA HELPLINE



PNOWHA Helpline

A teleconsultation service project for PNOWHA members and dependents seeking assistance in the form of conversing, counseling, consultation and referral to The Philippine Navy concerned offices on family and mental health issues.



OBJECTIVES

1. To alleviate the plight of women and children who fall victim to many forms of abuse among the Philippine Navy officers' families; and
2. To provide links of needed services for the members' and dependents' general mental health and welfare

PNOWHA Helpline

For Whom?

1. PNOWHA members and their dependents only as clients.
2. Minor dependents:
 - ♡ 18 years old and below;
 - ♡ with a parent or guardian consent;
 - ♡ must be accompanied during screening, conversation, consultation and counseling.

On What?

Clients having the following concerns regarding:

1. Any forms of abuse (physical, mental, emotional or economic)
2. Marital and familial issues
3. Mental health issues

HOW TO AVAIL THE SERVICE?

1. CALL

Globe # 0966 4916 070 or
Smart # 0969 2820 228

4. FEEDBACK

Answer and submit the
FEEDBACK GOOGLE FORM at
pnowhahelpline@gmail.com
any time before the end of all
the services



2. EMAIL

E-sign the TERMS & CONDITIONS
FORM and the CONSENT FORM;
and email back to
pnowhahelpline@gmail.com

3. GOOGLE MEET

Use GOOGLE MEET App for tele-
conferencing with the screener,
counselor or consultant



PNOWHA Helpline Process

CLIENT

- Any PNOWHA member or dependent only
- Calls

Globe - 09664916070

Smart - 09692820228

- Has an email address and uses Google Meet App

RECEPTIONIST

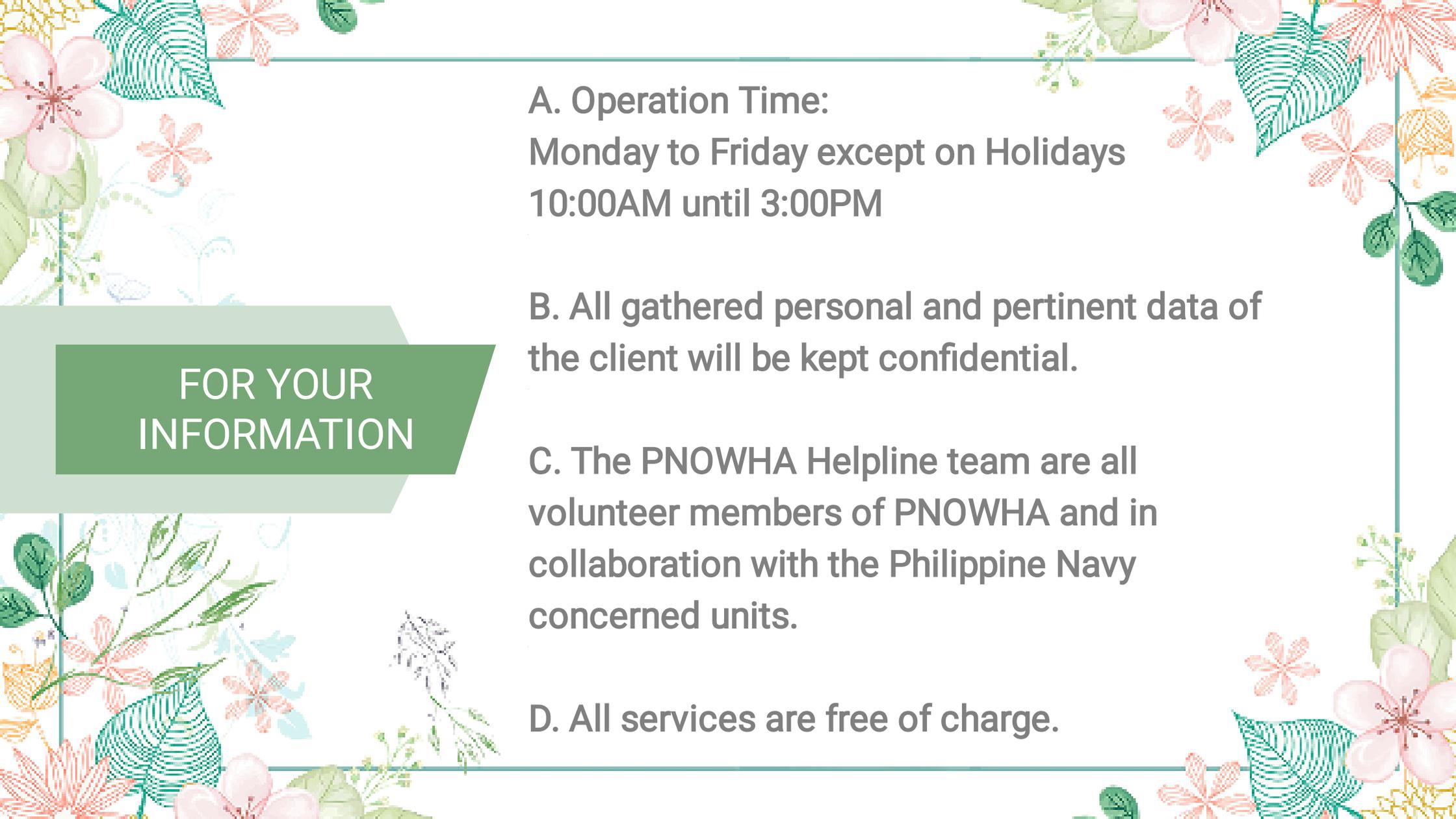
- Receives calls
- Gathers initial data
- Emails to the client to sign
 - Terms and Condition Form
 - Consent Form
 - Feedback Google Form
- Receives back the signed documents at pnowhahelpline@gmail.com

SCREENER

- Sets-up Google Meet appointment with the client
- Verifies the signed documents with the client
- Gathers pertinent data
- Classifies the needed services:
 - Conversation; Counseling; Consultation; or Referral to PN concerned offices

LINKS

- CONSULTANTS
- COUNSELORS
 - Psychologists
 - Trained counselors
 - Chaplains
- PN OFFICES
 - Respective PN Unit, CO
 - OESPA
 - Provost Marshal
- Other Outside Services



FOR YOUR
INFORMATION

A. Operation Time:

Monday to Friday except on Holidays
10:00AM until 3:00PM

B. All gathered personal and pertinent data of the client will be kept confidential.

C. The PNOWHA Helpline team are all volunteer members of PNOWHA and in collaboration with the Philippine Navy concerned units.

D. All services are free of charge.

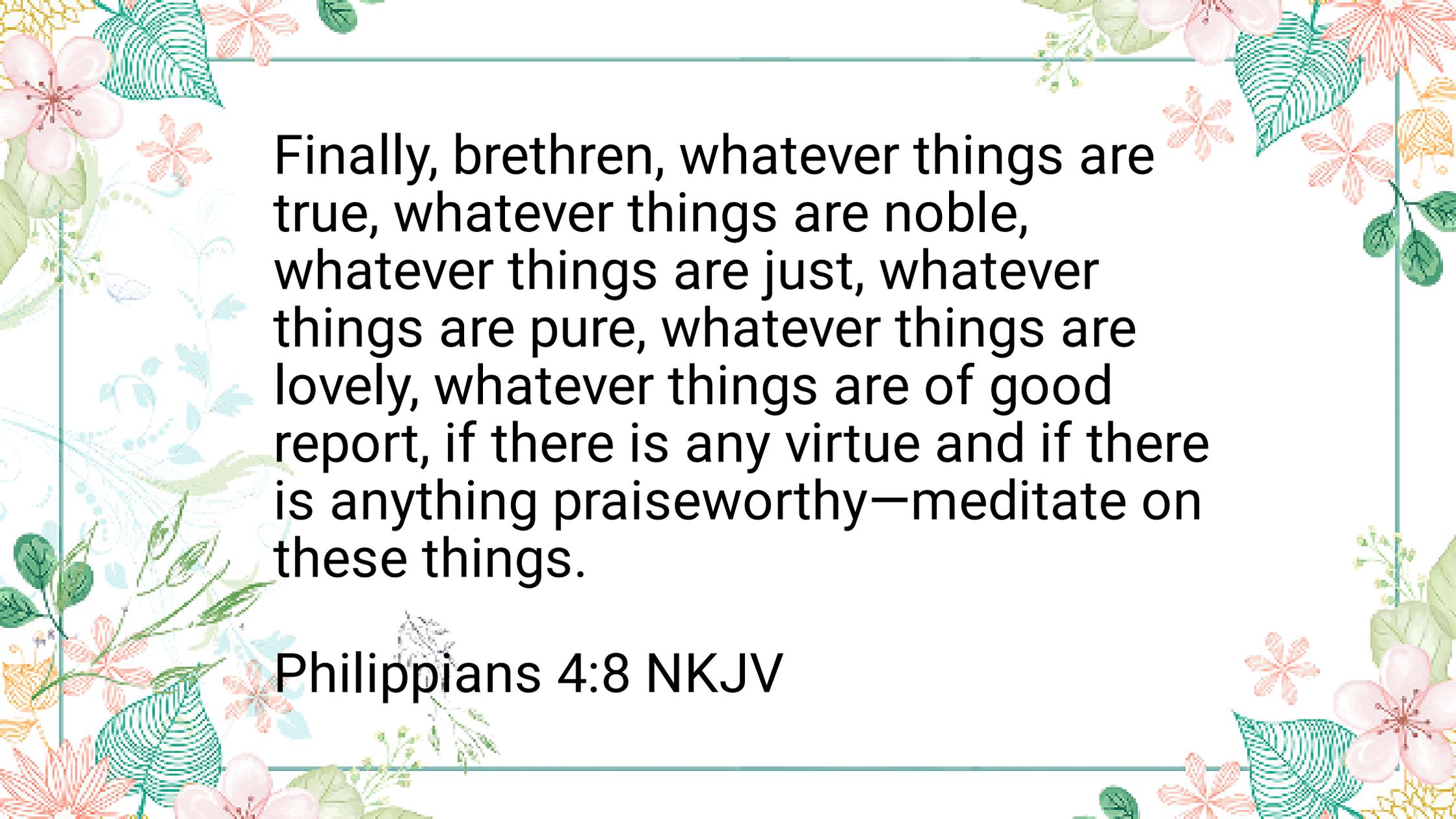


PNOWHA...karamay mo, kapatid.💕💕



Commit your works to the Lord,
And your thoughts will be
established.

Proverbs 16:3 NKJV



Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Philippians 4:8 NKJV