INTRODUCTION
Mental health and psychosocial support (MHPSS) is “any type of local or outside support that aims to protect or promote psychosocial well-being and/or prevent or treat mental health condition” (IASC, 2019).

Over the years, MHPSS has had several adaptations to fit particular settings, culture, language, health and social systems across the country.

This study involved the MHPSS programmes at the third layer of the intervention pyramid and monitored the remote delivery of psychological services in the time of COVID-19.

FRAMEWORK
The Common Monitoring and Evaluation Framework for MHPSS (IASC, 2017) is used to describe the impact of the changed landscape of MHPSS in Leyte from April to May 2020, at the height of community lockdowns.

RESEARCH OBJECTIVES
1. Identify the pros and cons of remote MHPSS.
2. Highlight the importance of Information and Communications Technology (ICT) in remote MHPSS.

METHODOLOGY
7 local actors composed of mental health professionals, primary health care workers, and Psychological First Aid providers

- Purposive sampling
- Online focus group
- Content and thematic analysis

RESULT AND DISCUSSION
Pros and Cons of Remote MHPSS

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
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<tbody>
<tr>
<td>Wider reach</td>
<td>Absence of important nonverbal cues</td>
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<tr>
<td>Greater accessibility of support</td>
<td>Requires moderate to high-tech literacy</td>
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<tr>
<td>Rapid risk assessment</td>
<td>Client misfit</td>
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<td>Better linkages</td>
<td>Lacks the structure of physical space</td>
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<tr>
<td>Increased sense of safety</td>
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<td>Lesser stigma</td>
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CONCLUSION
The worsening health crisis, limited mobility, and restrictive health protocols changed the way MHPSS is being delivered to individuals and communities in Leyte. The traditional face to face approach is not ideal. Hence, the use of ICT was proven helpful in the remote delivery of psychological services aimed at reducing distress and minimizing the impact of community lockdowns.

REFERENCES