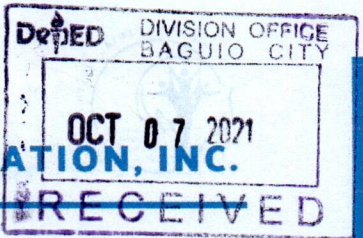


PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

BGH Exit Road, Marcos Highway, Baguio City 2600, Philippines

MEMBER: WORLD FEDERATION FOR MENTAL HEALTH



October 5, 2021

FEDERICO P. MARTIN, Ed. D, CESO VI
Schools Division Superintendent
Department of Education
Schools Division of Baguio
82 Corner Military Cut-off, Baguio City

Sir:

Greetings of peace and good health from the Philippine Mental Health Association CCI.

Every second week of October, PMHA spearheads the activities of the National Mental Health Week as per the Presidential Proclamation No. 452 signed on August 25, 1994 by then President Fidel V. Ramos.

This year, amidst the mental health challenges brought about by the COVID-19 pandemic, PMHA is encouraging everyone to join our initiatives and conversations in advocating for better access to mental health services for Filipinos. This is in line with the October 10 World Mental Health Day global theme of the World Health Organization: **“Mental health care for all: Let’s make it a reality.”**

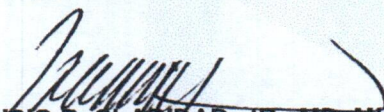
From October 4 to October 22, PMHA will conduct programs and activities that will highlight the role of mental health stakeholders, champions, advocates and the general public in ensuring that mental health is included in the individual, community and national response initiatives during this unprecedented health crisis.


With this, we would like to invite you, the teachers, guidance counselors, and interested SDO Baguio personnel to join us in the different activities this month of October. Attached herewith is the program for your reference.

Further, we would like to collaborate with your office for the **“Light Up Blue for Mental Health”** campaign as we use the color blue as a symbol of serenity, peace and calmness during these difficult times of the pandemic. May we request your institution to **light up your building blue on October 8, 2021 (Friday) from 7:00pm to 8:00pm** to signify your support for the promotion of mental health and well-being of our fellow Filipinos. Aside from your institution’s facades, you can also **light up other blue paraphernalia** and encourage employees/advocates to **wear something blue** on this date. Kindly send us a video and still photos of the lighting so we can compile them together with the other institutions that participated. You may also post it in your social media using the hashtag: **#LightUpBlueforMentalHealth**. In exchange, we will include your institution’s logo in all our publication materials for all our activities for the National Mental Health Week and we will be featuring your organization’s initiative in our social media accounts starting October 10.

Thank you very much and we look forward to seeing you during this important event.

Sincerely yours,


DIONISIO R. CLARIDAD, JR., MD, MHA
Chairperson, PMHA CCI Board of Management

To: School Administrators, Principals & Teachers In-Charge
(Elementary & Secondary)
FOR YOUR INFORMATION & APPROPRIATE ACTION

FEDERICO P. MARTIN, EdD, CEEd, CESO V
Schools Division Superintendent



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Philippine Mental Health Association Cordillera Chapter Inc.



National Mental Health Month Celebration

Theme: "Mental Health Care for All: Let's Make it a Reality"

Program of Activities

Date and Time	Activity	Remarks
October 4, 2021; 9:00 AM – 12:00 NN Via Zoom	Opening Ceremony <ul style="list-style-type: none"> • Ecumenical Service • Webinar on: "The Filipino Family in the Time of the Pandemic" by Dr. Cornelio G. Banaag Jr., PMHA President 	All partners, members and the general public is invited to attend this activity. Activity Link: https://bit.ly/3Avji1o
October 4, 2021	Launching of the National Mental Health Week Celebration Photojournalism Contest	The competition is open for 12 to 17 years old from Cordillera Administrative Region Registration Form Link: https://forms.gle/tDwblBQRTeabwSpx5 Mechanics Link: https://bit.ly/3ooS12m
October 5, 2021; 9:00 – 11:00 A.M. Via Zoom	Webinar for Families: "Taking Care of You: Setting Personal Boundaries and Promoting Family Involvement for a Better Well-being" by: Dr. Jerry Jurisprudencia, PhD, RGC, CSCLP, RPsy	This is a special Family Support Group Session for Clients' Family Members/Caregivers and the General Public Registration Link: https://bit.ly/FSGOct5
October 6, 2021; 1:30 – 3:00 PM Via Zoom	Webinar with Lingap Diwa (c/o PMHA Lipa-Batangas Chapter) "Supporting Sleep During Troubled Nights" by: Dr. Joan Mae Perez-Rifareal Psychiatrist, Veterans Memorial Medical Center	This is a free webinar and open to all Registration Link: https://tinyurl.com/lingapdiwa5
October 6, 2021; 2:00 – 4:00 P.M.	Webinar for the Community: (Co-presented by Creative Passion Path) #WellBeingWednesday Live! The Power of Expressive Arts in Improving Mental Health and Well-being" by: Ms. Carolyn Tongco, REACE	This is special wellness webinar for Frontliners, Health Workers and the General Public Registration Link: https://bit.ly/3kscfFX
October 7, 2021; 9:00 – 11:30 A.M.	Webinar for the Youth: (co-presented by #MentalHealthPH) #YOUthGotThis! "Navigating and Emerging amidst Adversities" (1) The Naked Truth: Understanding the Youth's Vulnerabilities Amidst Adversities By: Coach Lyqa Maravilla, Educreator/YouTuber (2) Dare to be Vulnerable: Embracing Vulnerability in Leadership By: Mr. Roy M. Dahildahil, Co-founder of #MentalHealthPH	This is a mental health forum for the youth Registration Link: https://bit.ly/3Aopv45
October 8, 2021; 4:00 – 6:00 P.M.	Webinar for the General Public: "Let's Vote for Mental Health!" Hosted by: Ms. Jing Castaneda	This is a panel discussion on Voter's Education #AskPMHA Meeting Link: https://bit.ly/2ZB6v4X

October 8, 2021; 7:00 – 8:00 P.M.	Light Up Blue for Mental Health Campaign	<ul style="list-style-type: none"> o We are encouraging schools/ buildings/ infrastructures to light up their building blue in support of the mental health advocacy and to push for scaling up support and accessibility for mental health services o We are also encouraging advocates to light anything blue or wear something blue o Post your pictures using the <i>hashtag</i>: #LightUpBlueforMentalHealth
October 9, 2021	<ul style="list-style-type: none"> • #PMHACheckIn Videos -Mental Health Manifesto: “How can we support and take care of each other’s mental health during this pandemic?” 	For details kindly see the PMHAI FB Page
October 9, 2021; 8:30 – 11:30 A.M.	<p>Webinar for the Deaf and Hard of Hearing Community By: PMHA CDO-Misamis Oriental Chapter in partnership with the Life Project 4 Youth CDO</p> <p>“Self-Care 101: a Journey of Loving the Self”</p>	<p>This is a webinar for the Deaf and Hard of Hearing Community and the General Public</p> <p>To register kindly visit the FB Page of Philippine Mental Health Association CDO – Mis. Or.Chapter</p>
October 10, 2021 8:00 – 12:00 NN	<p>Webinar for the General Public (c/o PMHA Cebu Chapter)</p> <p>“Mental Health in an Unequal World: Out of the Shadows and in to the Sunshine”</p> <p>By: Dr. Carolina Uno-Rayco, PMHA National Executive Director</p>	<p>This is a webinar for the general public</p> <p>To register kindly visit the FB Page of Philippine Mental Health Association Cebu Chapter</p>
October 15, 2021; 9:00 – 11:00 A.M.	<p>Webinar for the working sector: (c/o PMHA Cordillera Chapter Inc.)</p> <p>“Keeping the Work-life Balance in an Uncertain World”</p> <p>Speaker is Dr. Carolina Uno-Rayco National Executive Director PMHAI</p>	<p>This is a free webinar for the working sector and general public</p> <p>Registration Link: https://forms.gle/4CkZTjuuTJgHFUqn6</p>
October 22, 2021; 9:00 – 10:00	<p>PMHA Cordillera Chapter Culminating Program</p> <ul style="list-style-type: none"> - Awarding of Winners for the Photojournalism - Recognition of past BOM 	This is a free webinar for the elderly and general public
10:00 – 12:00	<p>Webinar for the Elderly: “Older, Better, and Funnier! Tips to Aging Gracefully”</p> <p>Speaker: Dr. Cornelio G. Bana-ag Jr. President, Board of Trustees, PMHAI</p>	<p>Registration Link: https://tinyurl.com/Registration102221</p>