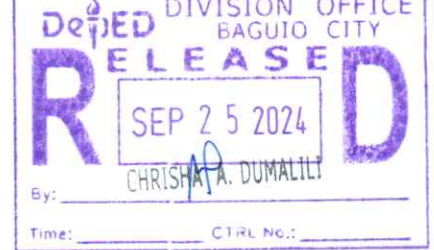




Republic of the Philippines  
**Department of Education**  
CORDILLERA ADMINISTRATIVE REGION  
**SCHOOLS DIVISION OF BAGUIO CITY**



September 24, 2024

**DIVISION MEMORANDUM**

No. **536-2024**

**MENTAL HEALTH OBSERVANCES 2024**

To: OIC-Assistant Schools Division Superintendent  
CID and SGOD Chief Education Supervisors  
Education Program Supervisors  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
All Others Concerned

1. This is to reiterate the Regional Memorandum No. 601 s. 2024 disseminating OM-OUOPS-2024-06964 titled Mental Health Observances 2024, which aims to bring all stakeholders to take parts in ensuring the mental health and well-being of all personnel, learners and others concerned.
2. All schools are advised to undertake activities suggested in the attached memorandum that are applicable and relevant.
3. Schools shall submit reports on activities conducted relative to mental health observances to this office through the School Health and Nutrition Unit on or before October 31, 2024.
4. For more inquiries, please contact the focal person Mary Libeney C. Sito, MD, MO IV at her mobile number 09601040280 or email address [marylibeney.sito@deped.gov.ph](mailto:marylibeney.sito@deped.gov.ph)
5. Immediate and wide dissemination of this memorandum is desired.

**SORAYA T. PACULO PhD, CESO VI**  
Assistant Schools Division Superintendent  
OIC-Schools Division Superintendent



Address: 82 Military Cut-off, Baguio City, 2600

Telephone No: (074) 665-1231

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DepEd Tayo Baguio City



<https://depedpines.car>



Republic of the Philippines  
**Department of Education**  
CORDILLERA ADMINISTRATIVE REGION

SEP 10 2024

*jp*

09 September 2024

**REGIONAL MEMORANDUM**

NO: 601-2024

**MENTAL HEALTH OBSERVANCES 2024**

To: Assistant Regional Director  
Schools Division Superintendent  
School Health Personnel Concerned  
All Others Concerned

1. This office disseminates **OM-OUOPS-2024-09-06964** titled **"MENTAL HEALTH OBSERVANCES"**, which aims to bring together stakeholders to take part in ensuring the mental health and well-being of all personnel, learners, and others concerned.
2. Division offices and schools are encouraged to undertake the activities mentioned in the memorandum. A copy of this Memorandum is attached for reference and guidance.
3. For questions and clarifications, please contact Georgina C. Ducayso, ESSD Chief at cellphone number 0928-781-6074, or Raymond S. Damoslog, Medical Officer IV through email at [raymond.damoslog@deped.gov.ph](mailto:raymond.damoslog@deped.gov.ph).
4. Immediate dissemination of and compliance with this Memorandum is directed.

*jp*

**ESTELA P. LEON-CARIÑO EdD, CESO III**  
Director IV/Regional Director *jp*

Enclosure: As Stated

ESSD/GDC/Isan/ Mental Health Observances 2024  
September 9, 2024



**Address:** DepEd-CAR Compound, Wangal, La Trinidad, Benguet, 2601

**Telephone No:** (074) 422 - 1318

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12-2023



Republika ng Pilipinas  
**Department of Education**

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

**MEMORANDUM**

**OM-OUOPS-2024-09-06964**

**TO :** Undersecretaries  
 Assistant Secretaries  
 Minister, Basic, Higher, and Technical Education, BARMM  
 Bureau and Service Directors  
 Regional Directors  
 Schools Division Superintendents  
 Public and Private Elementary and Secondary School Heads  
 All Others Concerned

**FROM :** *[Signature]*  
**ATTY. REVSEE A. ESCOBEDO**  
 Undersecretary for Operations

**SUBJECT :** **MENTAL HEALTH OBSERVANCES 2024**

**DATE :** August 27, 2024

Republic Act 11036, also known as the Mental Health Act, mandates the Department of Education (DepEd) to pursue strategies for mental health promotion in basic education. Through the Bureau of Learner Support Services – School Health Division (BLSS-SHD), offices and schools are encouraged to commemorate the following observances:

1. **World Suicide Prevention Day (WSPD) on September 10, 2024**
  - a. The International Association for Suicide Prevention (IASP) has provided **“Changing the Narrative on Suicide”** as the triennial WSPD theme for 2024-2026
2. **World Mental Health Day (WMHD) on October 10, 2024**
  - a. As announced by the World Federation for Mental Health (WFMH), this year’s theme is **“It is Time to Prioritize Mental Health in the Workplace”**
3. **National Mental Health Week (NMHW) on the 2<sup>nd</sup> week of October**
  - a. Exact theme TBA.

By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and wellbeing of all personnel, learners, and others concerned both in schools and physical/online workspaces.

References and materials to be used for the observances will be uploaded and may be accessed at [https://bit.ly/DepEd-SMHP\\_2024MHObservances](https://bit.ly/DepEd-SMHP_2024MHObservances). Recommended activities for the observances are:



Room: 101, Rizal Building, DepEd Complex, Meralco Avenue, Pasig City 1600  
 Telephone Nos.: (02) 8633-5313; (02) 8631-8492  
 Email Address: oure@deped.gov.ph | Website: www.deped.gov.ph

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1. **Promotion initiatives during flag ceremonies and other activities.** In flag ceremonies and other activities, as applicable, offices and schools are invited to include simple initiatives to increase awareness about the observances. These initiatives may be prayers for mental health, community singing, and promotion of mental health hotlines, as appropriate.
  - a. Personnel and learners are invited to sing and dance to the **mental health song**. The video, audio, and the lyrics of the song can be found in the provided link.
  - b. **Mental health prayers** will also be in the provided link.
  - c. The Bureau of Human Resource and Organizational Development – Employee Welfare Division (BHROD-EWD) will be releasing an **updated directory of Mental Health Support / Helplines** which may also be shared during activities. The Memorandum will be provided in the link once approved and released.
2. **Social media initiatives.** Offices and schools are invited to maximize their respective social media platforms in promoting messages about mental health.
  - a. **Informative cards** for the observances will be uploaded in the provided link. These will also be shared in the Official DepEd Philippines Facebook page. Offices and schools are encouraged to share these to their respective Facebook pages for wider reach.
3. **Display of physical information materials.** Offices and schools are invited to print and display the collaterals related to the observances.
4. **Activities for socialization during breaks.** Teachers are encouraged to facilitate activities that promote socialization or positive behavior among learners during classroom breaks or before or after classes. These may be as simple as giving learners encouraging notes, journaling, or encouraging random acts of kindness.
5. **Learning sessions for personnel**
  - a. The BHROD-EWD has organized the **Wellness Wednesdays, a webinar series** that tackles different wellness dimensions. Personnel are encouraged to watch the **Facebook live broadcast** which will be streamed on the Official DepEd Philippines Facebook page. Schedule, proposed topics, and further details are included in **OM-OUHROD-2024-1516** and **Advisory on the Conduct of Wellness Wednesdays..**
6. Folders accessible through the provided link above will be updated by the Central Office (CO) bureaus / services concerned as resources become available.
7. Those posting online about the observances are strongly encouraged to use the hashtags:

General:                   #MentallyHealthyDepEd  
                                   #OplanKalusuganSaDepEd  
                                   #OKsaDepEd

WSPD specific:           #StartTheConversation  
                                   #WorldSuicidePreventionDay  
                                   #WSPD2024

WMHD specific:         #WMHD2024  
                                   #WorldMentalHealthDay

NMHW specific:         #NMHW2024  
                                   #NationalMentalHealthWeek

**Expenses for the activities related to the observances may be charged to PSF funds.** Regional Offices and Schools Division Offices are requested to augment funds in cases of deficiencies and shortages. These shall be subject to the usual accounting and auditing rules and regulations.

The following mechanisms are set to monitor participation in the observances:

1. Detailed Lesson Plans (DLPs) developed by teachers integrating mental health concepts may be submitted to their respective Education Program Supervisors (EPS) (e.g., EPS for English for DLPs developed for English) upon the recommendation of their school heads. The SDS shall designate personnel to consolidate the DLPs who shall email the same to [schoolmentalhealth@deped.gov.ph](mailto:schoolmentalhealth@deped.gov.ph)
2. Reports on the conduct of activities for personnel may be reported to the BHRD-EWD through email at [bhrod.ewd@deped.gov.ph](mailto:bhrod.ewd@deped.gov.ph)
3. Learner support activities may be captured in the existing reporting mechanisms for BLSS-SHD's School Mental Health Program and/or *OK sa DepEd*, and/or the DRRMS-MHPSS Program, as appropriate.
4. Ideas, initiatives, or insights related to the observance (e.g., activities to promote positive school climate) may also be submitted through email at [schoolmentalhealth@deped.gov.ph](mailto:schoolmentalhealth@deped.gov.ph)

Subsequent announcements related to the observances shall be made through separate issuances or correspondences from the BLSS.

For more information, please contact **Jonna Feliz Roldan**, Technical Assistant II of the BLSS-SHD, through email at [schoolmentalhealth@deped.gov.ph](mailto:schoolmentalhealth@deped.gov.ph) cc: [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph), or at telephone number (02) 8632-1368 / 8633-7213.

[BLSS-SHD/JFCR]



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