

Republic of the Philippines
Department of Education
 Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY

ADVISORY NO. 019, 2025

March 18, 2025

In compliance with DepEd Order No. 8, s. 2013
 this advisory is issued not for endorsement per DO 28, s. 2001
 but only for the information of DepEd Officials, personnel, staff, as well as the
 concerned public. (visit www.deped.gov.ph)

The Philippine Mental Health Association- Cordillera Chapter is inviting all students to join in their upcoming **41st Mental Health Symposium** with the title "Finding Balance in a Digital World" and theme, "Exploring the Impact of Digital Dependency: How Excessive Gaming, Social Media, and Internet Usage Affect Relationships and Family Dynamics" on May 2, 2025 from 8:00 A.M. to 5:00 P.M. at the Marigold Hall, 6th Floor, Hotel Henrico, Legarda Road, Baguio City.

Enclosed are the details for your reference and information. Participation and expenses on the said activity is personal and voluntary and shall be subjected to the "no-disruption-of classes" policy stipulated in DepEd Order No. 9, s. 2005, titled "Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith".

For more queries, you may contact Philippine Mental Health Association - Cordillera Chapter, Inc. at (074) 442-2337 | 0962 240 2860 / 0917 517 2083.

SGOD/LFU/abb



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PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

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

MEMBER: WORLD FEDERATION FOR MENTAL HEALTH

March 5, 2025

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Ma'am:

Warm greetings from the PMHA CCI Family!

We live in a time when mobile gaming, social media, and the internet shape much of our daily interactions, these digital tools offer convenience, entertainment, and limitless connectivity. However, excessive or uncontrollable use presents new and concerning challenges. As screen time continues to rise, the line between fun and dependency is becoming difficult to distinguish. The growing prevalence of digital addiction is affecting mental health, relationship quality, and family dynamics.

In line with this, the Philippine Mental Health Association Cordillera Chapter Inc. will be holding its **41st Mental Health Symposium** with the title "**Ctrl+Alt+Fn: Finding Balance in a Digital World**", with the theme "**Exploring the Impact of Digital Dependency: How Excessive Gaming, Social Media, and Internet Usage Affect Relationships and Family Dynamics.**" The event will take place on **May 2, 2025**, from **8:00 AM to 5:00 PM**, at the **Marigold Hall, 6th Floor, Hotel Henrico Legarda, Legarda Road, Baguio City.**

This symposium addresses a significant and pressing issue in today's society. It aims to deepen the understanding of how digital tools influence real-world interactions, especially in the family context, and to identify ways to balance technology use for healthier relationships.

The event will focus on the following topics:

Topic 1: "The Shift from Enjoyment to Escapism: Understanding the Psychological and Social Withdrawal Effects"

Topic 2: "Screen Smart Parenting: Practical Approaches for Managing and Promoting Balanced Digital Use"

Topic 3: "Understanding Digital Addiction: Neurobiological Effects of Gaming and Internet Use on the Brain's Reward System"


Topic 4: Panel Discussion

We would like to invite you, your human resource managers and officers, guidance office personnel, department heads, principals, teachers and other interested individuals to join us in this insightful and meaningful activity.

E-mail: pmhacci@pmha.org.ph / Website: www.pmhacci.com

Landline: (074) 442-2337

Mobile: 0917-517-2083/0962-240-2860 / 0938-269-7645

 Philippine Mental Health Association - Cordillera Chapter Inc.

The following is the **registration fee** which will cover the seminar kit, certificate, lunch and snacks of the participants:

	EARLY BIRD FEES (UNTIL APRIL 4, 2025 ONLY)	REGULAR FEES (UNTIL APRIL 25, 2025 ONLY)
PMHA Members (members as of April 20, 2025 only)	Php 1,800	Php 2,000
Non-members	Php 2,000	Php 2, 200

- Note:** 1. Payments are transferable but nonrefundable.
2. Onsite registration will NOT be accommodated.
3. Limited slots only.

You may register online through this link: <https://forms.gle/vXGixJA6zkc35WpV9>
get in touch with us through the following numbers: (074) 442-2337; 09622402860;
or through **Facebook: Pmha Cci**

Payments can be made through our **Metrobank Account No: 0033003561659** with **Account Name: PMHACCI**, **Landbank Account No: 0221383214** with **Account Name: Philippine Mental Health Association**, or via **GCash** by scanning this QR code in the GCash App:

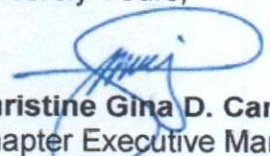
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We hope this symposium will serve as a platform for individuals, organizations, and agencies to expand their understanding of mental health in the context of our increasing digital dependency. Thank you for considering this invitation, and we look forward to the possibility of your participation.

Attached is a copy of the Program for your reference.

Sincerely Yours,


Christine Gina D. Camsol, RPsy
Chapter Executive Manager
PMHA CCI