

Republic of the Philippines

Department of Education

Region XI SCHOOLS DIVISION OF DIGOS CITY



Digos City

DIVISION MEMORANDUM

September 20, 2018

No.<u>883</u>, s. 2018

MENTAL HEALTH SYMPOSIUM IN THE WORKPLACE

TO: Schools Division Office Personnel All other Concerned

- 1. All schools Division Office personnel are hereby directed to attend the half day symposium on Mental Health in the Workplace on September 21, 2018 at the conference room
- 2. The activity aims to orient the Schools Division Office personnel of the following:
 - 1. provide staff with coping skills to manage pressure, stress, anxiety in the workplace.
 - 2. the signs and symptoms of the mental illness.
 - 3. tips to create a healthy workplace.
- 3. For information and compliance.

WINNIE E. BATOON, EdD

Officer In-Charge Office of the Schools Division Superintendent

For and in the absence of the Schools Division Superintendent

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repEd Schools Division of Digo

12018 in 12. 424872

Health Section

To be indicated in the <u>Perpetual Index</u> under the following subjects:

Governance

Health memo

DJPSANOY- mental health