



Republic of the Philippines
Department of Education
Region XI
SCHOOLS DIVISION OF DIGOS CITY

DIVISION MEMORANDUM
OSDS-2022- 035

October 12, 2022

OCTOBER NATIONAL MENTAL HEALTH MONTH

To: Public Schools District Supervisors
Junior High School Administrators
Elementary School Administrators
School clinic In-Charge
All Others Concerned

1. Herewith is the Newsletter from DepEd Central Office informing the field that October is the National Mental Health Month Week in the Philippines (Presidential Proclamation No.452.s.1994).The Department of Health (DOH) on its social media platforms has extended of the observance throughout the month of October with the theme “Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces”.
2. Mental Health includes our emotional, psychological, and social-wellbeing. Mental Health is important at every stage of life, from childhood and adolescence through adulthood.
3. In connection with the above, the Schools is encouraged to join the observance of the National Mental Health Month.
4. Here are some ways you can join the observance:
 - a. Pray for the promotion of mental health in DepEd and beyond.
 - b. Promote mental health through circular activities.
 - c. Make the pledge of support for mental health.
 - d. Join the observance online. You can also express your pledge by using the observance’s frame for your face book profile photo.
5. Please see attached files for some additional information.
6. For immediate dissemination and compliance.

DepEd Schools Division of Digos City
RECORDS SECTION

RELEASED
22-92093
DATE: OCT 17 2022 TIME: 9:11AM
BY: [Signature]

CRISTY C. EPE

Schools Division Superintendent





DepEd Digos City <digos.city@deped.gov.ph>

October is National Mental Health Month

1 message

DepEd Newsletter <newsletter@deped.gov.ph>
To: everyone@deped.gov.ph

Mon, Oct 10, 2022 at 9:49 AM

DepEd Schools Division of Digos City
RECORDS SECTION
RECEIVED 92093
OCT 10 2022 TIME: 10:59 AM
BY: _____

OCTOBER IS NATIONAL MENTAL HEALTH MONTH!

Dear colleague,

We sincerely hope you are well and safe.

Before you read through the rest of the email, would you mind tapping your shoulder and telling yourself these words: *"You matter. You are loved. You are not insignificant. We are grateful for your presence today?"* If you are reading this newsletter beside another colleague at work, try telling them the same!

Today is World Mental Health Day which also opens the National Mental Health Week in the Philippines (Presidential Proclamation No. 452, s. 1994). The Department of Health (DOH) on its social media platforms has extended the observance throughout the month of October which it dubbed as the **National Mental Health Month**.

The theme for the observance, as announced by the DOH, is **"Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces."** It is based on the theme of the World Mental Health Day, **"Making Mental Health and Well-Being for All a Global Priority."**

By joining the observance, we bring together our stakeholders and enjoin them to take part in ensuring the mental health and wellbeing of all personnel, learners, and others concerned both in schools and physical workspaces, and online.

Here are some ways you can join the observance:

- Pray for the promotion of mental health in DepEd and beyond.** Consider using the attached Prayer for Mental Health during your office's or school's flag raising ceremonies and other activities, as applicable.
- Promote mental health through curricular activities.** If you are a teacher, consider integrating mental health concepts/messages in your lessons, as appropriate. Per DepEd Order No. 34, s. 2022 titled *School Calendar and Activities for School Year 2022-2023*, "schools are encouraged to integrate the celebrations/observances provided for by law into curricular activities as they deem reasonable and appropriate, so long as the total number of school days shall not be compromised."
- Make the pledge of support for mental health.** We invite everyone, especially our leaders, in making the **Pledge of Support for Mental Health**. Record a video of yourself making your commitment to mental health promotion and share it on your social media accounts. Our Undersecretaries and Assistant Secretaries, Directors, Schools Division Superintendents, and School Heads are encouraged to post their video messages on their respective offices' or schools' social media platforms. Please read the attached memorandum from the Office of the Undersecretary for Governance and Field Operations for more details.
- Join the observance online.** You can also express your pledge by using the observance's frame for your Facebook profile photo. You can access it at [twb.nz/nmhw2022](https://www.facebook.com/twb.nz/nmhw2022). For posts online, kindly use the hashtags **#MentallyHealthyDepEd**, **#CareForYourselfCareForOthers**, **#WorldMentalHealthDay** (for posts today, October

#MentallyHealthyDepEd
Mental Health and Wellbeing for All:
Promoting Mental Health
in Physical and Virtual Spaces

10), #NationalMentalHealthWeek (for posts on October 10-14), and #NationalMentalHealthMonth.

- 5. **Organize or attend learning sessions on mental health and/or wellness activities.** We invite you, if you are available this Friday, 8:30 a.m., to tune in to our **Facebook page's** virtual learning session on **Mental Health in Education**. We have also developed a session guide that you can use should you decide to host a learning session with colleagues utilizing the recorded videos of the session.

Together, let us continue to build a Department of Education in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need. Together, let us continue to build a #MentallyHealthyDepEd.

For psychosocial support consultation or assistance for mental health problems, please contact the National Center for Mental Health (NCMH) through <https://ncmhusaptayo.com/> or the **NCMH Crisis Hotline** reachable through the following numbers:

Toll-Free Landline (Unlimited Calls Nationwide)	1553 1800-1888-1553 (One-time charge of P7.50 per call for Smart/TNT)
GLOBE/TM	0966-351-4518 0917-899-8727
SMART/SUN/TNT	0908-639-2672

The NCMH Crisis Hotline provides assistance on a 24-hours, seven-days a week basis for free to individuals with mental health problems, especially those who are in crisis and at risk of suicide. A full directory of the Department of Health's helplines may be accessed at: <https://bit.ly/dohhelplines2022>.

Stay safe!


Love and prayers.


Your DepEd Family

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2 attachments

ÓUGFO-Memo-1095-Request-for-Messages-of-Support-for-the-National-Mental-Health-Week-

 **Sgnd..pdf**
130K

 **NMHW Prayer (Personnel).pdf**
244K



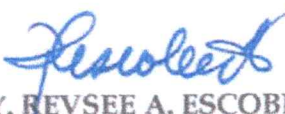
Republic of the Philippines
Department of Education
OFFICE OF THE UNDERSECRETARY
GOVERNANCE AND FIELD OPERATIONS

OUGFO No. 2022-03-1095

MEMORANDUM

5 October 2022

FOR: Undersecretaries and Assistant Secretaries
Bureau and Service Directors
Regional Directors and BARMM Minister of Education
Schools Division Superintendents
Elementary and Secondary School Heads

FROM: 
ATTY. REVSEE A. ESCOBEDO
Undersecretary
Governance and Field Operations

SUBJECT: **REQUEST FOR MESSAGES OF SUPPORT FOR THE NATIONAL
MENTAL HEALTH WEEK**

In line with the observance of the National Mental Health Week on October 10-14, 2022, this Office, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), in coordination with other bureaus and services concerned at the Central Office, enjoins **members of the Executive Committee, Bureau, Service and Regional Directors, Schools Division Superintendents (SDSs), and School Heads** are enjoined to post on their personal/public or their office's or school's official social media accounts, within the week of the observance, a *video message* where they express their **pledge of support** for the promotion of mental health through their respective roles or in their respective jurisdictions.

Attached is copy of the pledge (**Annex A**). It is requested that the hashtags **#MentallyHealthyDepEd** and **#NationalMentalHealthWeek** be used when posting the said video messages.

At the Central Office, Undersecretaries, Assistant Secretaries, and Bureau and Service and Directors are also requested to submit a copy of their video recording, together with a copy of their high-resolution photos, to the Public Affairs Service-Creative Media Unit through email at pas.cmu@deped.gov.ph, copy furnished janssen.cabrera@deped.gov.ph, on or before October 10, 2022.

The observance of the **National Mental Health Week** every second week of October of every year has been institutionalized in the country through Presidential Proclamation No. 452, s. 1994. The theme for this year's observance, as announced by the Department of Health, is "*Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces.*"

By joining the observance, we aim to bring together DepEd stakeholders and enjoin them to take part in ensuring the mental health and well-being of all personnel, learners, and other players both in school and physical workspaces and online.

For questions and concerns, please contact **Gian Erik M. Adao**, Education Program Specialist II, or **Luke C. Sismaet**, Technical Assistant II, BLSS-SHD through (02) 8-632-9935 or email at blssshd@deped.gov.ph.

ANNEX A

Pledge of Support

I, _____ of _____, commit to help promote mental health and well-being in the Department of Education by _____

Together, let us continue to build a Department of Education in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need. Together, let us continue to build a **#MentallyHealthyDepEd**.

Pangako ng Suporta

Ako, si _____ ng _____, ay nangangakong isusulong ang kalusugang pangkaisipan at kaginhawaan sa Department of Education sa pamamagitan ng _____

Sama-sama nating ipagpatuloy ang pagbuo ng Department of Education bilang isang kagawaran kung saan ang kalusugang pangkaisipan ng bawat isa ay pinahahalagahan, isinusulong, at pinapangalagaan, kung saan ang bawat isa ay may pantay na pagkakataong matamasa ang kalusugang pangkaisipan bilang isa sa kanilang mga karapatan, at kung saan ang bawat isa ay mayroong malalapitan sa panahon ng pangangailangan. Sama-sama nating itaguyod ang isang **#MentallyHealthyDepEd**.

PANALANGIN PARA SA MENTAL HEALTH

Panginoon,

Ngayong *National Mental Health Month*,
ipinapanalangin po namin ang maayos na kalusugan,
lubos na kaginhawaan, at tunay na kapayapaan para sa bawat isa.

Gabayan Mo po kami upang matulungan at maipaalaala sa isa't isa
na **alagaan ang aming mga sarili**,
upang mapanatili rin naming ang aming kakayahang
maging daluyan ng kalakasan at kalinga para sa iba.

Samahan Mo po kami sa pagpapanatili at pagpapalakas
ng **positibong ugnayan sa isa't isa**—
ugnayang ginagabayan ng katotohanan at pag-asa.

Diyos ng Pag-ibig, patnubayan Mo po silang mga may kapangyarihang
gumawa ng mga desisyon para sa mas nakararami—ang aming mga pinuno
sa pamahalaan at iba pang mga may impluwensya sa lipunan—
upang ang **mga polisiya at programang** ipinatutupad sa bansa
ay tunay na makapag-ambag
sa pagbuo ng isang pamayanang sumusuporta sa kalusugan ng lahat.

Higit sa lahat, iniaalay po namin sa Iyo ang aming mga sarili,
kasama ang aming mga talento at propesyon,
upang maging mga instrumento Mo sa pagtataguyod ng isang
#MentallyHealthyDepEd.

Ito po ang aming panalangin.

Amen.

#MentallyHealthyDepEd

Mental Health and Wellbeing for All:

Promoting Mental Health
in Physical and Virtual Spaces

