



Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

SGOD-2023-021

To : **Public Schools District Supervisors
All Public Elementary and Secondary School Heads
All Others Concerned**

Subject : **MEMBERSHIP TO THE PHILIPPINE MENTAL HEALTH
ASSOCIATION, INC., DAVAO CHAPTER AND AVAILMENT OF
THEIR PROGRAMS AND SERVICES FOR FREE**

Date : February 1, 2023

This has reference to the Regional Memorandum ESSD-2023-021 or the **MEMBERSHIP TO THE PHILIPPINE MENTAL HEALTH ASSOCIATION, INC. (PMHA), DAVAO CHAPTER AND AVAILMENT OF THEIR PROGRAMS AND SERVICES FOR FREE**. This is in line with the Republic Act No. 11036, entitled "Mental Health Act". The PHMA works hand in hand with the Department of Education – Region XI in integrating mental health by way of educating and informing its relevance to the overall health of the students, personnel and workplace.

In line with this, the PHMA Davao Chapter will distribute membership tickets for students (Php 10.00 each) and personnel (Php 300.00 each). The program is voluntary in nature. Once they become a member (personnel and students), they can avail on the programs and services of the PHMA Davao for free which will be handled by the superb pool of psychiatrists, psychologists, Mental Health professionals, and Resource Speakers. See attached letter for the listed services.


For those who want to avail of the membership ticket, you can directly message Ms. Frances Millicent R. Durano, RN. at 09466689824.

Immediate and wide dissemination of this Memorandum is desired.


CRISTY C. EPE

Schools Division Superintendent

JepEd Schools Division of Digos City
RECORDS SECTION

RELEASED
22-97105
DATE: FEB 03 2023 TIME: 4:17 PM
BY: 

Enclosed: As stated.
SGOD/HNU/jaa



Address: Roxas cor. Lopez Jaena Street, Zone II, Digos City (8002)
Telephone Nos.: (082) 553-8375; (082) 553-8396

Ready

22-14638



Republic of the Philippines
Department of Education
DAVAO REGION

Office of the Regional Director

REGIONAL MEMORANDUM
ESSD-2023-021

RECEIVED
31 JAN 2023
BY: [Signature]

97105
2:07

To : Schools Division Superintendents

Subject: MEMBERSHIP TO THE PHILIPPINE MENTAL HEALTH ASSOCIATION, INC., DAVAO CHAPTER AND AVAILMENT OF THEIR PROGRAMS AND SERVICES FOR FREE

Date : January 30, 2023

Attached is the letter dated **January 17, 2023**, from the Philippine Mental Health Association (PMHA), Inc., Davao Chapter for your information and appropriate action.

The Philippine Mental Health Association, Inc., Davao Chapter intends to work hand in hand with the Department of Education – Region XI in integrating mental health by way of educating and informing its relevance to the overall health of the students, personnel, and workplace. This is in line with the Republic Act No. 11036, entitled “Mental Health Act”.

In line with this, the PMHA, Davao Chapter will distribute membership tickets for students (Php 10.00 each) and personnel (Php 300.00 each). Once they become a member (students and personnel), they can avail on the programs and services (as listed on the attached letter) of the PMHA Davao for free which will be handled by the superb pool of psychiatrists, psychologists, Mental Health professionals, and Resource Speakers.

Immediate and wide dissemination of this Memorandum is desired.

ALLAN G. FARNAZO
Director IV [Signature]

Enclosed: As stated

DEPARTMENT OF EDUCATION ROXI
RECORDS SECTION
RELEASED

By the Authority of the Regional Director

MARIA INES C. ASUNCION
Director III
Office of the Assistant Regional Director

ROB/emtc

Date: Jan. 31, 2023 Time: [Signature]



Address: P. Torres St., Davao City (8000)
Telephone Nos.: (082) 291-1665; (082) 221-6147

ISO 9001:2015 - Certified



PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.
DAVAO CHAPTER

Brgy. 76-A, Pag-asa St., Phase 2 S.I.R. Matina, Davao City
Member: World Federation for Mental Health

January 17, 2023

ALLAN G. FARNAZO

Regional Director
Department of Education, Region XI
Jacinto Extension, Corner F. Torres St, Bajada, Davao City,

Dear Sir A.G. Farnazo,

The Philippine Mental Health Association Inc., Davao Chapter intends to work hand in hand with your office and the Department of Education [Region XI] in integrating mental health by way of educating and informing about its relevance to the overall health of students, personnel, and workplace. This is inline with the Republic Act No. 11036 aka "Mental Health Act".

In this connection, we wish to inform your office our intention to distribute membership tickets. Once become member, students, educators and personnel in your institution can avail [for free] the programs and services that PMHA Davao offers. We have complete and superb pool of Psychiatrist, Psychologists, and Mental Health Professionals and Resource Speakers for all the services we offer.

Sincerely,

TEOFILO S. LIMIKID, MS PSY
Chapter Executive Manager

Noted by:

DOMINADOR A. LOPEZ
Chairperson

Contact numbers: (082) 298-8579 / 09065867136
E-mail address: pmhadavao@pmha.org.ph
Facebook page: PmhaDavaoChapter



PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

DAVAO CHAPTER

Brgy. 76-A, Pag-asa St., Phase 2 S.I.R. Matina, Davao City

Member: World Federation for Mental Health

PROGRAMS AND SERVICES

1. EDUCATION, ADVOCAY, AND INFORMATION SERVICES

Learning Sessions, Forum, Conference, Capacity Building etc.

- Coping and Resilience
- Gender-Based Violence, Abuses, and Other Forms of Maltreatment
- Handling Extreme Behavioral Challenges of Children
- Sexual Behaviors and Development of Children and Adolescents
- Understanding The Adolescent Mind: A Mental Health Investment
- Brain, Behavioral Addiction, and Drug Addiction
- Caring for Your Mental Health
- Mental Health and Psychosocial Support (MHPsS)
- Digital Technology and its Effects to Children
- Understanding and Managing Anxiety and Depression
- Maintaining Positivity and Well-Being in the Workplace
- Mindfulness, Consciousness, Mental Health First Aid, Psychological First Aid
- Parenting, Family, and Relationship
- Suicide Awareness and Prevention
- Other topics related to mental health and Well-Being

2. CLINICAL AND INTERVENTION SERVICES

Psychological Services

- Counseling and Psychotherapy Session (Online/Face-to-Face)
- Referral System

Psychiatric Services

- Psychiatric Services and Pharmacotherapy
- Referral System

3. PARTNERSHIPS (International and Local)

- Johnson and Johnson
- Australian Aid
- United Nations Population Fund (UNFPA)
- City Government of Davao

Contact numbers: (082) 298-8579 / 09065867536

E-mail address: pmhadavao@pmha.org.ph

Facebook page: [PmhaDavaoChapter](https://www.facebook.com/PmhaDavaoChapter)