



Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

SGOD-2025- 668

To : Health and Nutrition Unit
Division DRRM Coordinator
Division Guidance Coordinator
Division Learner Formation Coordinator
Public Schools District Administrators
Senior High School and Junior High School Administrators
Elementary School Administrators
All Private Schools
All Others Concerned

Subject : **CONDUCT OF MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES TO AFFECTED SCHOOLS OF MAGNITUDE 7.4 AND 6.9 EARTHQUAKES**

Date : October 22, 2025

1. In reference to the Regional Memorandum ESSD-2025-302 regarding the Conduct of Mental Health and Psychosocial Support Services to Affected Schools of Magnitude 7.4 and 6.9 Earthquakes, informing the field to conduct Psychological First Aid activity to all private and public schools.
2. In connection to the above activity all public and private schools are hereby directed to conduct Mental Health and Psychosocial Support Services/Psychological First Aid (PFA) first hour before class at the school level and advised to submit an accomplishment report to the Division Office Health and Nutrition Unit and the Disaster Risk Reduction Management Division Coordinator on November 07, 2025 in the link provided in the HIMSOG group chat.
3. In accordance with DepEd Memorandum No.050, s.2025, entitled "Learners' Health Assessment and Screening for School Year 2025-2026" Mental Health Crisis and Response Management (MHCRM) is automatically activated. Once activated, necessary Mental Health and Psychosocial Support and Services (MHPSS) are provided during emergencies and disasters as shown in the attached figure.



📍 Roxas Street corner Lopez Jaena Street, Zone II, Digos City (8002)
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Division Coordinator on November 07, 2025 in the link provided in the HIMSOG group chat.

4. The Division Mental Health Team Personnel are advised to monitor the Psychological First Aid activity and consolidate the accomplishment report and to be submitted to the Regional Office weekly.
5. Enclosed is the Regional Memorandum for additional information.
6. Travel and incidental expenses shall be charged to SBFP downloaded funds or local funds, subject to the usual accounting and auditing rules and regulations.
7. For information and strict compliance.

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DepEd Schools Division Office - Digos City
RECORDS SECTION
MELANIE P. ESTACIO, Ph.D. CESO VI
Schools Division Superintendent *18mm*

RELEASED
DATE: OCT 23 2025 TIME: 11:59m
BY: *[Signature]*

SGOD/HNU/Djps



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DIVISION PSYCHOLOGICAL FIRST AID TEAM

Date: October 22, 2025

Name	Designation
MICAH A. FUENTES	Medical Officer III
JAYZON CARDNINES	SDO DRRM Coordinator/PDO II
DHELMIE CHRISTINE S. PENAS	SDO-Mental Health Focal
DAISSY JANE P. SANJOY	SDO-Mental Health Focal- Alternate
ROFELIA DE MESA	SDO-Guidance Coordinator
FRANCES MILLICENT R. DURANO	Senior High School Nurse/Mental Health Alternate
APRIL ROSE A.SALOMEJO JOSE ISRAEL MARAVILLES	SDO-Learner Formation Program/PDO I



Republic of the Philippines
Department of Education
DAVAO REGION



1025070813

October 14, 2025

REGIONAL MEMORANDUM
ESSD-2025-302

**CONDUCT OF MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES TO
AFFECTED SCHOOLS OF MAGNITUDE 7.4 AND 6.9 EARTHQUAKES**

To: Schools Division Superintendents

1. In light with the recent Magnitude 7.4 and 6.9 doublet earthquakes that hit Davao Region, this Office hereby requests that affected elementary and secondary public and private schools shall conduct Psychological First Aid upon resumption of classes. The activity shall be spearheaded by health personnel in their respective AORs in coordination with the SDO – DRRM focal persons for the prioritization of heavily affected areas based on the initial assessment results.
2. Further, in accordance with DepEd Memorandum No. 050, s. 2025, entitled "Learners' Health Assessment and Screening for School Year 2025 – 2026", Mental Health Crisis and Response Management (MHCRM) is automatically activated. Once activated, necessary Mental Health and Psychosocial Support and Services (MHPSS) are provided during emergencies and disasters as shown in the attached figure.
3. Enclosed also is the list of identified behaviors and situations to note when facilitating MHPSS during disaster/emergency response.
4. Schools Division Offices through their respective Mental Health Focal Persons shall submit consolidated reports of conducted MHPSS via <https://tinyurl.com/MHPSSDoubletEQs> every Friday of the week.
5. Purchase of materials and supplies, meals, travelling and other incidental expenses incurred during the provision of MHPSS shall be charged against downloaded LSP Program Support Funds or available local funds, subject to the usual accounting and auditing rules and regulations.
6. Immediate and wide dissemination of this Memorandum is desired.

ALLAN G. FARNAZO
Director IV

Encl.: As stated

ROE/smtc

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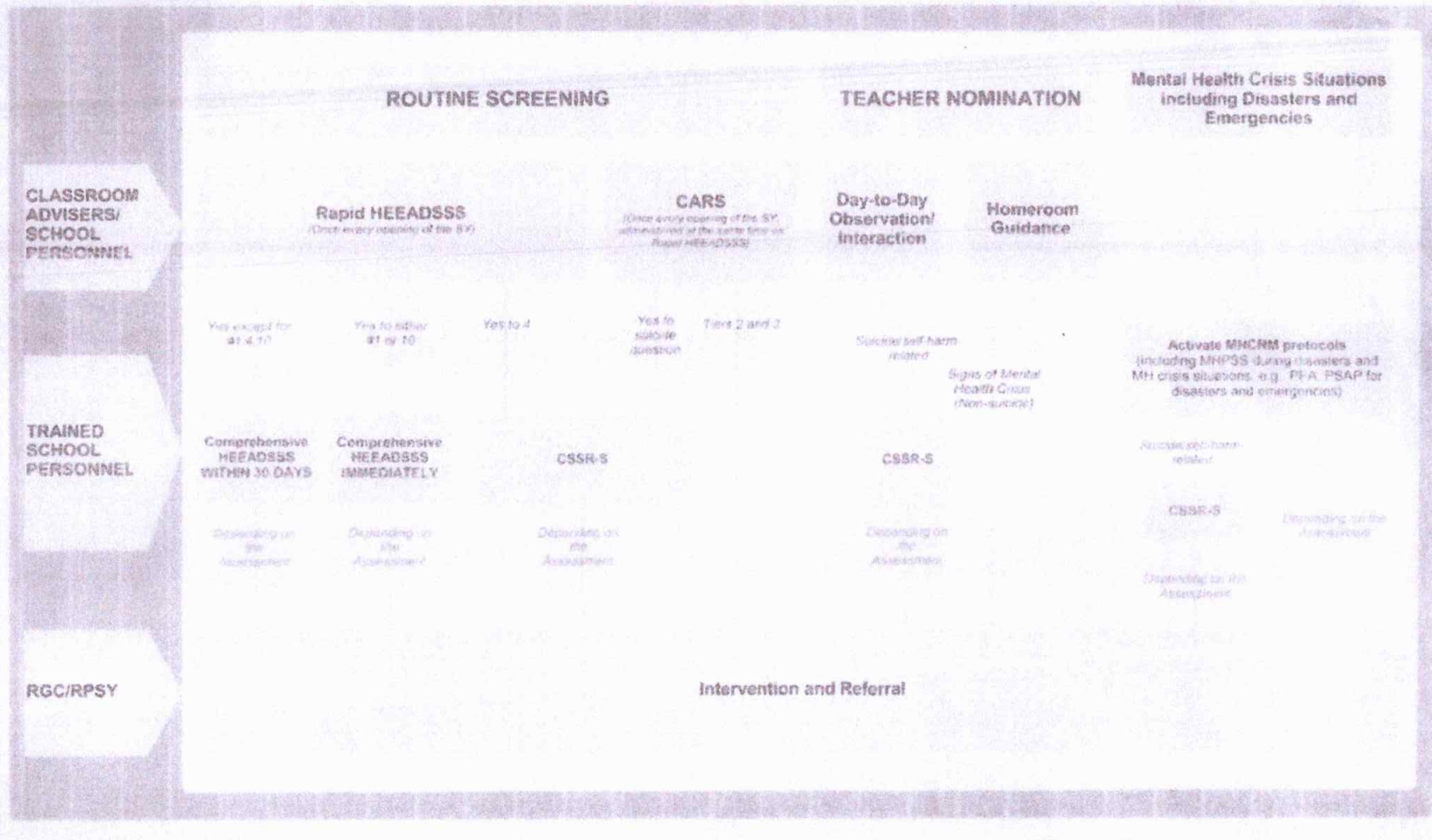
BY: *[Signature]* DATE: *Oct. 16, 2025*
1025070813



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Figure 7.1. Universal Mental Health and Psychosocial Screening and Assessment Pathways



Enclosure No. 7

Behaviors and Situations to Note When Facilitating MHPSS or During Disaster/Emergency Response

Learners Age 6-11

- Isolate themselves
- Become quiet around friends, family, and teachers
- Have nightmares or other sleep problems
- Become irritable or disruptive
- Have outbursts of anger
- Start fights
- Be unable to concentrate
- Refuse to go to school
- Complain of physical problems
- Develop unfounded fears
- Become depressed
- Become filled with guilt
- Feel numb emotionally
- Do poorly with school and homework

Learners Age 12-17

- Flashbacks to the traumatic event (flashbacks are the mind reliving the event)
- Avoiding reminders of the event
- Drug, alcohol, tobacco use and abuse
- Antisocial behavior, i.e., disruptive, disrespectful, or destructive behavior
- Physical complaints
- Nightmares or other sleep problems
- Isolation or confusion
- Depression
- Suicidal thoughts

Note: Adolescents may feel guilty. They may feel guilt for not preventing injury or deaths. They may also have thoughts of revenge.

Learners who have prolonged problems after a traumatic event may show a range of symptoms:

- Re-experiencing the event
 - Through play
 - Through trauma-specific nightmares/dreams in flashbacks and unwanted memories
 - By distress over events that remind them of the trauma
- Avoidance of reminders of the event
- Lack of responsiveness
- Lack of interest in things that used to interest them
- A sense of having "no future"
- Increased sleep disturbances
- Irritability
- Poor concentration
- Be easily startled
- Behavior from earlier life stages