

2021-41701





Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO
DIVISION OF MALAYBALAY CITY

DM-2021-11-017
DEPED MALAYBALAY CITY DIVISION
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DATE: NOV 05 2021
BY: [Signature]

Division Memorandum
No. 617 series of 2021

TO : Assistant Schools Division Superintendent
Chief Education Supervisors, CID and SGOD
Public Elementary and Secondary School Heads
All Others Concerned

FROM :  **VICTORIA V. GAZO, PhD, CESO V**
Schools Division Superintendent 

DATE : November 04, 2021

RE : **DISSEMINATION OF REGIONAL MEMORANDUM 651, S. 2021:
REITERATION ON THE INCLUSION AND PROMOTION OF MENTAL
HEALTH IN ALL DEPED EVENTS AND PROGRAMS**

1. This Office hereby informs the field on **REGIONAL MEMORANDUM 651, S. 2021: REITERATION ON THE INCLUSION AND PROMOTION OF MENTAL HEALTH IN ALL DEPED EVENTS AND PROGRAMS**. All concerned DepEd personnel are enjoined to facilitate and observe inclusion and widest promotion of mental health care and wellness in all conduct of activities and programs.

2. Widest dissemination and compliance to this memorandum is desired.

Encl.: As stated
Copy Furnished:
SGOD-School Health Unit
Records Unit



Address: Sayre Hi-way, Purok 6, Casisang, Malaybalay City
Telefax No.: 088-314-0094; Telephone No.: 088-813-1246
Email Address: malaybalaycity@deped.gov.ph



Republic of the Philippines
Department of Education
 REGION X - NORTHERN MINDANAO

Office of the Regional Director

November 03, 2021

REGIONAL MEMORANDUM

No. _____, s. 2021

**REITERATION ON THE INCLUSION AND PROMOTION OF MENTAL
 HEALTH IN ALL DEPED EVENTS AND PROGRAMS**

To: Assistant Regional Director
 Schools Division Superintendents
 Divisional DRRM Coordinators
 School Health Section
 School Heads
 Teachers
 All Others Concerned

1. Regarding the DepEd Memorandum No. 074, s. 2021 titled "Inclusion and Promotion of Mental Health in all DepEd Events and Programs," this Office enjoins everyone in the Region to facilitate and observe inclusion and widest promotion of mental health care and wellness in all conduct of activities and programs.

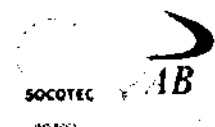
2. With the rising number of COVID-19 cases and presence of community transmissions, it has hampered physical classes as well as causing mental and psychological distress to the learners and personnel of the Department of Education and its stakeholders. Hence, DepEd prioritizes the promotion and protection of the mental health and general welfare of its personnel and learners, especially in this time of crisis as highlighted in DepEd Order No. 14, s. 2020 titled "**Guidance on the Required Health Standards in Basic Education Offices and Schools,**" to improve and strengthen mental resilience.

3. Through the provision of Mental Health and Psychosocial Support Services (MHPSS), different helplines for mental health can be greatly accessed. In this regard, all DepEd offices are instructed to include and promote the enclosed poster provided by the Disaster Risk Reduction and Management Service (DRRMS) in all events and programs.

4. The attached enclosure of posters containing the helplines from different organizations will provide learners and DepEd personnel different ways to seek help and persons to contact in times of mental and psychological distress. The posters may be shown towards the end of events and programs



DepEd Regional Office X, Zone 1, Upper Balulang, Cagayan de Oro City
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 region10@doped.gov.ph
 http://doped10.com



for as long as the country is still suffering from COVID-19 pandemic.

6. High-quality images of posters may be accessed at . Yet, all numbers, both Mental Health Helplines and COVID-19 Emergency Hotlines, shall be updated every March and October of the year since the issuance of this memorandum.

7. For more information, please contact Ricardo G. Dragon, DM, MN, RN, regional DRRM coordinator, through 0926-568-0095 or e-mail at

8. Immediate and wide dissemination of this Memorandum is desired.

DR. ARTURO B. BAYOCOT, CESO III
Regional Director

P.P.

DR. VICTOR G. DE GRACIA, JR., CESO V
Assistant Regional Director
Officer in Charge
Office of the Regional Director

ATCH: As stated

To be indicated in the Perpetual Index
under the following subjects:

MENTAL HEALTH
MENTAL RESILIENCE
HELPLINE

* Reiteration on the Inclusion and Promotion of Mental Health in all Deped Events and Programs

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Republic of the Philippines
Department of Education

26 OCT 2021

DepEd MEMORANDUM
No. **074**, s. 2021

**INCLUSION AND PROMOTION OF MENTAL HEALTH
IN ALL DEPED EVENTS AND PROGRAMS**

To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. The COVID-19 pandemic has posed unprecedented challenges to the education sector.
2. The rising number of cases and presence of community transmissions have not only hampered physical classes, but also brought about mental and psychological distress to the learners and personnel of the Department of Education (DepEd) and its stakeholders.
3. DepEd prioritizes the promotion and protection of the mental health and general welfare of its personnel and learners, especially in this time of crisis. DepEd Order No. 14, s. 2020 titled **Guidance on the Required Health Standards in Basic Education Offices and Schools** highlights this priority through the provision of Mental Health and Psychosocial Support Services (MHPSS) to improve and strengthen the mental resilience of all learners and DepEd personnel.
4. The provision of MHPSS entails access to different helplines for mental health. In this regard, all DepEd offices are instructed to include and promote the enclosed poster provided by the Disaster Risk Reduction and Management Service (DRRMS) in all events and programs.
5. As the pandemic continues to challenge the populace, the enclosed poster containing the helplines from different organizations will provide learners and DepEd personnel different ways to seek help and persons to contact in times of mental and psychological distress. These organizations may provide mental health and psychosocial support services, as well as wellness checks. The poster may be shown towards the end of events and programs for as long as the country is suffering from COVID-19 pandemic.
6. All numbers, both Mental Health Helplines and COVID-19 Emergency Hotlines, shall be updated every March and October of the year since the issuance of the memorandum.

7. For more information, please contact the Disaster Risk Reduction and Management Service, Department of Education Central Office, DepEd Complex, Meralco Avenue, Pasig City through email at drmo+mhpss@deped.gov.ph or telephone numbers (02) 8637-4933.

8. Immediate dissemination of this Memorandum is desired.


LEONOR MAGTOLIS BRIONES
Secretary

Encl.:
As stated

Reference:
DepEd Order No. (14, s. 2020)



To be indicated in the Perpetual Index
under the following subjects

BUREAUS AND OFFICES
EMPLOYEES
HEALTH

OFFICIALS
PROGRAMS

MCD: DM Inclusion and Promotion of Mental Health Helpline
0295 - October 08, 2021



EMERGENCY HOTLINES AND HELPLINES

NATIONWIDE



0917 882 2324
0908 891 5850
0925 557 0888

Sign-up at
bit.ly/SCBreak



facebook.com/
theMastersPsych/
photos/a.1781342525
100754/7153420614
889620/?type=3&th
s&sr



(02) 8804 4673
0917 558 4673
0918 873 4673

Globe/TM roll-free
2919



Smart
09498888138



Sun
0943 706 7655
0946 145 4816

Globe
0917 836 1531

03 8737 0700
1-800-1-1988-8700

Skype
the700clubasia

PCS

Amelia Rodriguez
National Mental Center
Buenos Aires Blvd
0923 88481285
0923-420-8277

Dr. Marissa
Dela Encarnacion, Center
for Mental Psychology
0922 789 8827
0929 888 2393

Dr. Marissa Encarnacion
Center for Mental Center
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0929 888 2393

Dr. Marissa Encarnacion
Center for Mental Center
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Center for Mental Center
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Dr. Marissa Encarnacion
Center for Mental Center
0922 789 8827
0929 888 2393

DEPED COVID-19 HOTLINES: ILOILO

Region 6
0998 583 2735
0972 482 2524 loc 119

Region 7
0917 504 7871
0917 522 5622
0995 821 8506
0978 304 3855

Region 8
0945 546 8580

Region 9
0970 947 5113

Region 10
0921 8617 2893

Region 11
0986 862 4775
0920 825 3833

Region 12
0977 823 5112
0971 8928 4348
loc. 905-906

Region 13
0974 422 1318

Region 14
0946 5018 7000
0938 549 5025

Region 15
0946 5018 7000
0938 549 5025

Region 16
0946 5018 7000
0938 549 5025

Region 17
0946 5018 7000
0938 549 5025

DEPED COVID-19 HOTLINES: V-SAYAS

Region 6
0907 707 5264
0946 751 2076

Region 7
0917 632 3511

Region 8
0917 504 6180
0933 323 3156

Region 9
0998 281 0852
0970 352 9156
0998 529 6048

Region 10
0917 714 0724
0917 345 7947
0917 345 7948
0917 544 7902
0926 500 0095

Region 11
0917 714 0724
0917 345 7947
0917 345 7948
0917 544 7902
0926 500 0095

Region 12
0917 714 0724
0917 345 7947
0917 345 7948
0917 544 7902
0926 500 0095

Region 13
0917 714 0724
0917 345 7947
0917 345 7948
0917 544 7902
0926 500 0095

Region 14
0917 714 0724
0917 345 7947
0917 345 7948
0917 544 7902
0926 500 0095

Region 15
0917 714 0724
0917 345 7947
0917 345 7948
0917 544 7902
0926 500 0095

Region 16
0917 714 0724
0917 345 7947
0917 345 7948
0917 544 7902
0926 500 0095

Region 17
0917 714 0724
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Other Helplines are available; you may check facebook.com/DepEdDRMS for other listings