



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

DM-2022-10-545
DEPED MALAYBALAY CITY DIVISION
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By: *[Signature]*

Division Memorandum
No. 545 series of 2022

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

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

DATE : October 13, 2022

RE : **DISSEMINATION OF OUGFO No. 2022-03-1037 MEMORANDUM:
GUIDANCE TO REGIONAL/DIVISION SCHOOL MENTAL HEALTH
PROGRAM COORDINATORS FOR THE 2022 NATIONAL MENTAL
HEALTH WEEK/MONTH**

1. This Office hereby informs the field on **OUGFO No. 2022-03-1037 MEMORANDUM: GUIDANCE TO REGIONAL/DIVISION SCHOOL MENTAL HEALTH PROGRAM COORDINATORS FOR THE 2022 NATIONAL MENTAL HEALTH WEEK/MONTH.**
2. All schools are enjoined to conduct activities in observance to the **2022 NATIONAL MENTAL HEALTH WEEK/MONTH** and submit the accomplishment reports through **schoolhealthsection@gmail.com** (*Please see attachment*).
3. Widest dissemination and compliance to this memorandum is desired.

Encl.:
As stated

Copy Furnished:
SGOD-School Health Unit
Records Unit



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

OUGFO No. 2022-03-1037

MEMORANDUM

3 October 2022

FOR: **Regional Directors and BARMM Minister of Education
 Schools Division Superintendents**

FROM: *[Signature]*
ATTY. REVSEE A. ESCOBEDO
Undersecretary GAO
 Governance and Field Operations

SUBJECT: **GUIDANCE TO REGIONAL/DIVISION SCHOOL MENTAL
 HEALTH PROGRAM COORDINATORS FOR THE 2022
 NATIONAL MENTAL HEALTH WEEK/MONTH**

This Office, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), provides this guidance to Regional/Division School Mental Health Program Coordinators, regarding the 2022 National Mental Health Week (October 10-14). The Department of Health (DOH) has extended the observance to the rest of October which the DOH dubbed on its social media platforms as the National Mental Health Month.

1. 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*," based on the theme of the World Mental Health Day on October 10, 2022, "*Making Mental Health and Well-Being for All a Global Priority*."
2. By joining the observance, DepEd highlights the importance of bringing together and enjoining stakeholders to take part in ensuring the mental health and well-being of all personnel, learners, and others concerned both in schools and physical workspaces, and online.
3. Conduct of activities related to the observance shall be guided by the following provisions of DepEd Order No. 34, s. 2022 titled *School Calendar and Activities for School Year 2022-2023*:
 - a. Schools shall strictly devote ten (10) weeks of every academic quarter to actual classroom teaching. 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.

- b. The eleventh week of each quarter may be used for the conduct of co-curricular activities.
 - c. Virtual activities through different social media platforms may be done but shall not form part of the learner's scholastic grade.
4. BLSS-SHD, together with other Bureaus and Services at the Central Office¹, is working on a compendium of resources that may be used by the field offices and schools for activities related to the observance. The said resources may be accessed at <https://bit.ly/MentallyHealthyDepEdResources>, which will be regularly updated as posts are made on DepEd's social media accounts related to the observance. Updates will be announced on the *OK sa DepEd* Facebook page.
 5. Those posting online about the observance are requested to use the hashtags **#MentallyHealthyDepEd**, **#CareForYourselfCareForOthers**, **#WorldMentalHealthDay** (for posts on October 10), **#NationalMentalHealthWeek** (for posts on October 10-14), and **#NationalMentalHealthMonth**.
 6. Regional and Division School Mental Health Program Coordinators are requested to provide necessary assistance to schools regarding learner support activities as part of the observance. Resources on *Mental Health in Education* and *Promoting Mental Health and Wellbeing in the School Setting* will be made available during the National Mental Health Week through <https://bit.ly/DepEd2MHWeekLearningSessions>.
 7. Field offices and schools who will have ideas, initiatives, or insights related to the observance (e.g., activities to promote positive school climate) are invited to submit such information to BLSS-SHD through the *OK sa DepEd* Facebook page or through email at schoolmentalhealth@deped.gov.ph. The same shall be captured in existing reporting platforms/mechanisms for the School Mental Health Program and/or *Oplan Kalusugan sa DepEd (OK sa DepEd)*, as appropriate. These submissions may be shared to other schools for possible adoption and will be considered in the ongoing development of the guidelines for the School Mental Health Program under *OK sa DepEd*.

For questions and concerns about this memorandum, 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 blss.shd@deped.gov.ph.

¹ Through an in-person workshop participated in by and a series of coordination activities with representatives from the Disaster Risk Reduction and Management Service, Public Affairs Service, Bureau of Curriculum Development, Bureau of Learning Delivery, Office of the Undersecretary for Youth Affairs and Special Concerns, Youth Formation Division, and the Bureau of Human Resource and Organizational Development