



24-13091

Republic of the Philippines  
**Department of Education**  
REGION XI  
SCHOOLS DIVISION OF PANABO CITY

**Office of the Schools Division Superintendent**

Office of the Schools Division Superintendent

**Division Memorandum**

No. 0175 s. 2024

**SEPTEMBER 4, 2024**

**MENTAL HEALTH OBSERVANCES FOR 2024**

To: **BASILIO P. MANA-AY JR., CESO VI**  
Assistant Schools Division Superintendent  
**AILENE B. AÑONUEVO PhD**  
Chief of the Schools Governance and Operations Division (SGOD)  
**JANWARIO E. YAMOTA**  
Chief of the Curriculum Implementation Division (CID)  
All Elementary and Secondary School Heads  
School Health and Nutrition Unit (SHNU)  
Division School Mental Focal Person  
All Concerned


1. Attached is Regional Memorandum ESSD-2024-360 dated September 4, 2024 and the Memorandum from the Office of the Undersecretary for Operations dated August 27, 2024 entitled **"MENTAL HEALTH OBSERVANCES FOR 2024"**.
2. This Office, through the School Mental Health Program enjoins all Schools and Offices to commemorate the following observances:
  - 1) **World Suicide Prevention Day (WSPD) on September 10, 2024**  
(a) The International Association for Suicide Prevention (IASP) has provided "Changing the Narrative on Suicide" as the triennial WSPD theme for 2024-2026.
  - 2) **World Mental Health Day (WMHD) on October 10, 2024**  
(a) As announced by the World Federation for Mental Health (WFMH), this year's theme is **"It is Time to Prioritize Mental Health in the Workplace"**.
  - 3) **World Mental Health Week (NMHW) on the 2<sup>nd</sup> week of October**  
(a) Exact theme to be announced.
3. References and materials to be used for the observances will be uploaded and may be accessed at [https://bit.ly/DepEd-SMHP\\_2024MHObservances](https://bit.ly/DepEd-SMHP_2024MHObservances).



Republic of the Philippines  
**Department of Education**  
REGION XI  
SCHOOLS DIVISION OF PANABO CITY

**Office of the Schools Division Superintendent**

4. For queries, you may contact the Division focal on SMHP Mr. John Carlo L. Ceniza, RN MAN.
5. For your guidance and information.

  
**JINKY B. FIRMAN, PhD, CESO VI**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent

Enclosed: as stated  
SGOD/aba/jcc

**RELEASED**

**SEP 12 2024**

RECORDS SECTION SDO PANABO CITY  
BY 





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Republic of the Philippines  
**Department of Education**  
DAVAO REGION

Office of the Regional Director

REGIONAL MEMORANDUM  
ESSD-2024-360

To : Schools Division Superintendents

Subject : MENTAL HEALTH OBSERVANCES FOR 2024

Date : September 4, 2024

Attached is the Memorandum from the Office of the Undersecretary for Operations dated **August 27, 2024**, which is self-explanatory.

The Department of Education, through the Bureau of Learner Support Services – School Health Division (BLSS-SHD) enjoins all offices and schools to commemorate the following observances:

1. **World Suicide Prevention Day (WSPD) on September 10, 2024**
  - a. The International Association for Suicide Prevention (IASP) has provided **“Changing the Narrative on Suicide”** as the triennial WSPD theme for 2024-2026.
2. **World Mental Health Day (WMHD) on October 10, 2024**
  - a. As announced by the World Federation for Mental Health (WFMH), this year's theme is **“It is Time to Prioritize Mental Health in the Workplace”**.
3. **National Mental Health Week (NMHW) on the 2<sup>nd</sup> week of October**
  - a. Exact theme TBA.

References and materials to be used for the observances will be uploaded and may be accessed at [https://bit.ly/DepEd-SMHP\\_2024MHObservances](https://bit.ly/DepEd-SMHP_2024MHObservances). Recommended activities for the observances are stated in the attached Memorandum. **Expenses for the activities related to the observances may be charged to PSF funds.**

For queries and clarifications, you may contact **Gabrielle Marie C. Alcoba**, Technical Assistant II of the School Mental Health Program, through [gabriellemariealcoba@gmail.com](mailto:gabriellemariealcoba@gmail.com).

Immediate and wide dissemination of this Memorandum is desired.

DEPARTMENT OF EDUCATION  
RECORDS SECTION  
**RELEASED**

ALLAN G. FARNAZO  
Director

Enclosed: As stated. By: *[Signature]*  
ROE/gmca

Date: *[Signature]*

Time: *[Signature]*

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Address: F. Torres St., Davao City (8000)  
Telephone Nos.: (082) 291-1665; (082) 221-6147  
Email Address: [region11@deped.gov.ph](mailto:region11@deped.gov.ph)  
Website: [www.depedoxi.ph](http://www.depedoxi.ph)

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Republika ng Pilipinas  
**Department of Education**

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

DEPARTMENT OF EDUCATION  
RECORDS SECTION


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**MEMORANDUM**

**OM-OUOPS-2024-04-06964**

Date: 9.4.24 Time: 8:42

**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

**FROM :**  **ATTY. REVSEE A. ESCOBEDO**  
Undersecretary for Operations

**SUBJECT :** **MENTAL HEALTH OBSERVANCES 2024**

**DATE :** August 27, 2024

Republic Act 11036, also known as the Mental Health Act, mandates the Department of Education (DepEd) to pursue strategies for mental health promotion in basic education. Through the Bureau of Learner Support Services – School Health Division (BLSS-SHD), offices and schools are encouraged to commemorate the following observances:

1. **World Suicide Prevention Day (WSPD) on September 10, 2024**
  - a. The International Association for Suicide Prevention (IASP) has provided **"Changing the Narrative on Suicide"** as the triennial WSPD theme for 2024-2026
2. **World Mental Health Day (WMHD) on October 10, 2024**
  - a. As announced by the World Federation for Mental Health (WFMH), this year's theme is **"It is Time to Prioritize Mental Health in the Workplace"**
3. **National Mental Health Week (NMHW) on the 2<sup>nd</sup> week of October**
  - a. Exact theme TBA.

By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and wellbeing of all personnel, learners, and others concerned both in schools and physical/online workspaces.

References and materials to be used for the observances will be uploaded and may be accessed at [https://bit.ly/DepEd-SMHP\\_2024MHObservances](https://bit.ly/DepEd-SMHP_2024MHObservances). Recommended activities for the observances are:



1. **Promotion initiatives during flag ceremonies and other activities.** In flag ceremonies and other activities, as applicable, offices and schools are invited to include simple initiatives to increase awareness about the observances. These initiatives may be prayers for mental health, community singing, and promotion of mental health hotlines, as appropriate.
  - a. Personnel and learners are invited to sing and dance to the **mental health song**. The video, audio, and the lyrics of the song can be found in the provided link.
  - b. **Mental health prayers** will also be in the provided link.
  - c. The Bureau of Human Resource and Organizational Development – Employee Welfare Division (BHROD-EWD) will be releasing an **updated directory of Mental Health Support / Helplines** which may also be shared during activities. The Memorandum will be provided in the link once approved and released.
2. **Social media initiatives.** Offices and schools are invited to maximize their respective social media platforms in promoting messages about mental health.
  - a. **Informative cards** for the observances will be uploaded in the provided link. These will also be shared in the Official DepEd Philippines Facebook page. Offices and schools are encouraged to share these to their respective Facebook pages for wider reach.
3. **Display of physical information materials.** Offices and schools are invited to print and display the collaterals related to the observances.
4. **Activities for socialization during breaks.** Teachers are encouraged to facilitate activities that promote socialization or positive behavior among learners during classroom breaks or before or after classes. These may be as simple as giving learners encouraging notes, journaling, or encouraging random acts of kindness.
5. **Learning sessions for personnel**
  - a. The BHROD-EWD has organized the **Wellness Wednesdays**, a **webinar series** that tackles different wellness dimensions. Personnel are encouraged to watch the **Facebook live broadcast** which will be streamed on the Official DepEd Philippines Facebook page. Schedule, proposed topics, and further details are included in **OM-OUHROD-2024-1516** and **Advisory on the Conduct of Wellness Wednesdays**.
6. Folders accessible through the provided link above will be updated by the Central Office (CO) bureaus / services concerned as resources become available.
7. Those posting online about the observances are strongly encouraged to use the hashtags:

General: #MentallyHealthyDepEd  
#OplanKalusuganSaDepEd  
#OKSaDepEd

WSPD specific: #StartTheConversation  
#WorldSuicidePreventionDay  
#WSPD2024

WMHD specific: #WMHD2024  
#WorldMentalHealthDay

NMHW specific: #NMHW2024  
#NationalMentalHealthWeek



**Expenses for the activities related to the observances may be charged to PSF funds. Regional Offices and Schools Division Offices are requested to augment funds in cases of deficiencies and shortages. These shall be subject to the usual accounting and auditing rules and regulations.**

**The following mechanisms are set to monitor participation in the observances:**

1. Detailed Lesson Plans (DLPs) developed by teachers integrating mental health concepts may be submitted to their respective Education Program Supervisors (EPS) (e.g., EPS for English for DLPs developed for English) upon the recommendation of their school heads. The SDS shall designate personnel to consolidate the DLPs who shall email the same to [schoolmentalhealth@deped.gov.ph](mailto:schoolmentalhealth@deped.gov.ph)
2. Reports on the conduct of activities for personnel may be reported to the BHROD-EWD through email at [bhrod.ewd@deped.gov.ph](mailto:bhrod.ewd@deped.gov.ph)
3. Learner support activities may be captured in the existing reporting mechanisms for BLSS-SHD's School Mental Health Program and/or OK sa DepEd, and/or the DRRMS-MHPSS Program, as appropriate.
4. Ideas, initiatives, or insights related to the observance (e.g., activities to promote positive school climate) may also be submitted through email at [schoolmentalhealth@deped.gov.ph](mailto:schoolmentalhealth@deped.gov.ph)

Subsequent announcements related to the observances shall be made through separate issuances or correspondences from the BLSS.

For more information, please contact **Jonna Feliz Roldan**, Technical Assistant II of the BLSS-SHD, through email at [schoolmentalhealth@deped.gov.ph](mailto:schoolmentalhealth@deped.gov.ph) cc: [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph), or at telephone number (02) 8632-1368 / 8633-7213.

[BLSS-SHD/JFCR]



Room 101, Rizal Building, DepEd Complex, Meralco Avenue, Pasig City 1600  
Telephone Nos.: (02) 8633-5313; (02) 8631-8492  
Email Address: [oure@deped.gov.ph](mailto:oure@deped.gov.ph) | Website: [www.deped.gov.ph](http://www.deped.gov.ph)

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