



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

Division Memorandum

No. 0193 s. 2025

To: Assistant Schools Division Superintendent
Chief of the Schools Governance and Operations Division (SGOD)
Chief of the Curriculum Implementation Division (CID)
All Public and Private Elementary and Secondary School Heads
and Principals
School Health and Nutrition Unit (SHNU)
Division School Mental Focal Person
Division Youth Formation Program Focal Person
All Concerned

Subject: **SUICIDE PREVENTION DAY: Changing the Narrative**

Date: September 4, 2025

1. In line with the World Suicide Prevention Day on **September 10, 2025**, which is a key event to raise awareness about suicide and depression. The Schools Division Office of Panabo City through the School Mental Health Program encourages all schools to advocate Suicide Prevention with the theme "**Changing the Narrative**" to all learners and teachers during any of the schools' related activities.
2. Further, it is also encouraged that the SELG and SSLG guided by the School Mental Health Coordinator shall spearhead the activities and programs. Listed below are the suggested activities:
 - Freedom wall
 - Kamustahan sa skwelahan
 - Mental Health Check in
 - Candle lighting
3. Furthermore, you may upload your documentations and MOV's to the Google drive: <https://tinyurl.com/suicideprevent2025>, for any inquiries you may contact JOHN CARLO L. CENIZA, RN MAN, Division School Mental Health Focal Person.
4. For your guidance and compliance.

JINKY B. BIRMAN, PhD, CESO VI
Assistant Schools Division Superintendent

Enclosed: as stated
SGOD/aba/jcc

RELEASED

SEP 04 2025



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