



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

Office of the Schools Division Superintendent

October 6, 2025

**Division Memorandum**  
No. 0223 s. 2024

**MENTAL HEALTH OBSERVANCES 2025**

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 Public and Private Elementary and Secondary School Heads  
and Principals  
Division School-Based Mental Focal Person  
Division Youth Formation Program Focal Person  
All Concerned

1. In reference to Republic Act 12080, known as the *"Basic Education Mental Health and Well-Being Promotion Act"*, the School Mental Health Program (SMHP) has been established to foster and safeguard the mental well-being of learners across all public and private basic education schools. To reinforce the goals of SMHP, this division observes the following commemorative events:
  - a. **National Mental Health Month** – October 2025
  - b. **National Mental Health Week** – 2<sup>nd</sup> Week of October 2025 (*as established by Proclamation No. 452 of 1994*)
  - c. **World Mental Health Day** – October 10, 2025 (*World Health Organization*)
3. In connection to the said observances, the School-Based Mental Health Program emphasizes these key aspects:
  - a. providing information on mental health-related issues and misconceptions;
  - b. facilitating and conducting activities and initiatives that promote good mental health practices, which include self-care, stress management and emotional expression;
  - c. encouraging open discussions to diminish the stigma associated with mental disorders; and



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d. offering educational efforts with special focus on the mental health of learners and personnel.

4. Anent this, all public schools, through their respective SMHP School Coordinators together with the SSLG and SELG shall spearhead the conduct of any school-initiated activities promoting mental health and well-being. Private schools are likewise encouraged to spearhead any school-initiated activities relative to mental health and well-being of our learners. Further, you may refer to the link for suggestive activities and materials.

6. Further, here are the suggested activities:

- Display Picture (DP) blast.** To officially commemorate this year's mental health observances, this office invites school personnel and learners to pledge support in promoting suicide prevention and promoting mental health awareness through a Facebook DP blast. Refer to Annex A for the DP blast captions.
- Cut-out Display Frame Stand/ "Tarpapel".** A printable picture stand that can be displayed on the school premises is also provided. This initiative will be displayed throughout the month of October. Refer to Annex B for the cut-out display picture stand guidelines.
- Those posting online on the observance are encouraged to use the hashtags:

General Hashtags	#MentallyHealthyDepEd2025
	#OplanKalusuganSaDepEd2025
	#HearAndHereWithU2025

d. "Save the Hotlines." Schools are invited to print and display mental health crisis hotlines/helplines on school premises. This is to increase learners' awareness that trained mental health crisis responders are readily available to help them. Nationwide and local Crisis Hotlines may include:

ORGANIZATIONS	HOTLINE
Schools Division Office of Panabo City - Mental Health Facebook Page and Hotline	SDO-Panabo City Mental Health and Psychosocial Support
National Center for Mental Health 24/7	Nationwide Landline - 1553 Smart/TNT 0919-057-1553 Globe/TM 0917-899-8727



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	0966-351-4518
Crisis Line by InTouch 24/7	0928-893-7603 0919-056-0709 0922-893-8944
Natasha Goulbourn Foundation	(02) 8804 4673 0917-872-5514
DSWD - WiSupport 8am-5pm Monday to Friday	Text hotline: "DSWD (space) WiSUPPORT (space) Name/Sex/Age/Region/Message or Concern" to 0918-912-2813.
DepEd Central Office Learner Telesafe Contact Center Helpline (LTTCH) 8am - 6ppm Monday to Friday	Landline: #33733 (02) 8632-1372 Mobile: 09451759777

e. Ribbon day. School personnel and learners are encouraged to wear green ribbons on **October 10, 2025**, to show support for the celebration of WMHD.

5. It is requested that Means of Verification such as pictures, short videos and other documentations shall be uploaded at the Google drive: <https://tinyurl.com/WorldSMHP2025>. (upload a folder with the name of school as filename).

6. For further queries and technical assistance, you may contact, JOHN CARLO L. CENIZA, RN MAN, Division School-Based Mental Health Focal Person.

7. For your guidance and compliance.

  
**JINKY B. FIRMAN, PhD, CESO VI**  
 Schools Division Superintendent 

**RELEASED**

**OCT 13 2025**

RECORDS SECTION, SDO PANABO CITY

BY 

Enclosed: as stated  
SGOD/aba/jcc



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**ANNEX A.**

**Display Picture Caption**

On this World Mental Health Day, I [Name] from [SDO or School], stand in solidarity with those who are struggling. By fostering compassion and understanding, I am #HearAndHereWithU to listen and support without judgement.

#MentallyHealthyDepEd2025  
#OplanKalusuganSaDepEd2025  
#WorldMentalHealthDay2025  
#DepEd4NMHW2025



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**ANNEX B**

Guide for Printing and Use of the Cut-out Display Frame Stand/"Tarpapel"

1. Material Size • The stand should be printed in a layout of 5 A4 sheets (width) x 4 A4 sheets (height), equivalent to about 105 cm x 84 cm. • Use sturdy backing (e.g., illustration board, corrugated board, foam board, or tarpaulin) to make it durable and easy to stand upright.
2. Location - Place the picture stand in a visible area such as the school lobby, entrance, or near bulletin boards. Ensure it does not block walkways, exits, or emergency routes.
3. Accessibility - Position the stand at a height that is comfortable for learners and guests to use for photos. Make sure it is stable and safe to avoid accidents.
4. Promotion Encourage learners, teachers, and visitors to take photos using the picture stand. Remind users to treat the display with care.
5. Social Media Sharing
6. Photos taken with the picture stand may be shared on school or personal social media accounts, following guidelines on social media use and on data privacy (e.g., as those provided in OM-OUOPS-2024-05-03942 titled Guidance on Posting Learners' Images or Data on Social Media).
  - Use the official hashtags provided for the campaign. Duration The cut-out display stand should be available and maintained throughout October.

Sample:

