



Republic of the Philippines  
**Department of Education**  
REGION VIII - EASTERN VISAYAS

September 05, 2024

**REGIONAL MEMORANDUM**

No. **1048** s. 2024

**DEPED RO 8 MENTAL HEALTH OBSERVANCES 2024**

To: Schools Division Superintendents  
Regional Office Division Chiefs  
Public Elementary and Secondary School Heads  
All Others Concerned

1. With reference to Memorandum OM-OUOPS-2024-09-06964, this Office, through the Education Support Services Division – School Health and Nutrition Unit (ESSD-SHNU), issues this Memorandum to encourage offices and schools to commemorate the following mental health observances:

- a. **World Suicide Prevention Day (WSPD) on September 10, 2024**
  - i. The International Association for Suicide Prevention (IASP) has provided **“Changing the Narrative on Suicide”** as the triennial WSPD theme for 2024-2026
- b. **World Mental Health Day (WMHD) on October 10, 2024**
  - i. 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”**
- c. **National Mental Health Week (NMHW) on the 2<sup>nd</sup> week of October**
  - i. Exact theme TBA.

2. Schools Division Offices and schools must ensure the mental health and wellbeing of all personnel, learners, and others concerned in schools and physical/online workspaces through the conduct and participation of recommended activities. The list of recommended activities is enclosed for reference of teaching personnel, non-teaching personnel, and learners.

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).

4. For guidance and compliance.

  
**EVELYN R. FETALVERO CESO IV**  
Regional Director

Enclosures: As stated  
References: As stated  
To be indicated in the Perpetual Index under the following subjects:  
MENTAL HEALTH  
ESSD-SHNU-ALSL



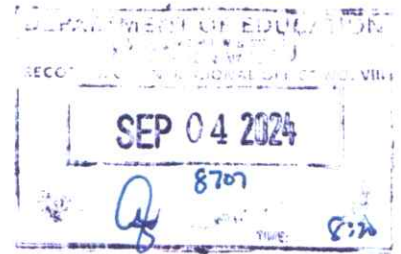
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Republika ng Pilipinas  
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS



MEMORANDUM  
OM-OUOPS-2024-09-06964



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 : *[Signature]*  
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:



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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Effectivity	03.23.23	Page	1 of 3



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]