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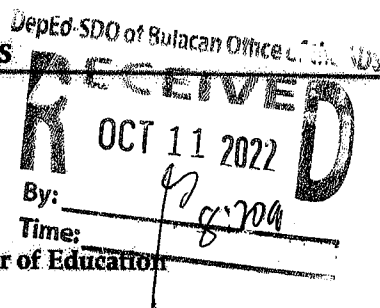
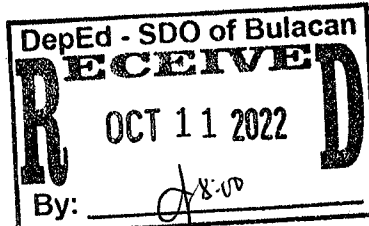
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ZENIA G. MOSTOLES, EdD, CESO V  
Schools Division Superintendent



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



OUGFO No. 2022-03-1034

**MEMORANDUM**

3 October 2022

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

**FROM:** *[Signature]*  
ATTY. REVSEE A. ESCOBEDO  
Undersecretary  
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 Office<sup>1</sup>, 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/DepEd22MHWeekLearningSessions>.
  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](mailto: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](mailto:blss.shd@deped.gov.ph).

<sup>1</sup> 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.