



Republic of the Philippines  
Department of Education  
REGION III  
SCHOOLS DIVISION OF BULACAN

October 7, 2024

**DIVISION MEMORANDUM**

No. 436 s. 2024

**2024 MENTAL HEALTH OBSERVANCES**

To: Assistant Schools Division Superintendents  
Division Chiefs  
Education Program Supervisors  
Public Schools District Supervisors  
Public and Private Elementary and Secondary School Heads  
School Health Section  
All Others Concerned

1. Anent to Memorandum OM-OUOPS-2024- 04-06964 entitled **MENTAL HEALTH OBSERVANCES 2024**, Mental Health plays a vital role in the overall well-being of individuals. Hence, there is a need to pursue strategies for mental health promotion in basic education. This Office promotes the observance of mental health to all public and private elementary and secondary schools. The observances direct the participation of all schools heads, guidance counselors, teachers, non-teaching personnel, and learners in the planned mental health activities for 2024.
2. The Mental Health Observances aims to:
  - Promote mental health awareness and reduce stigma around mental health conditions;
  - Encourage early identification and intervention for mental health issues among learners and personnel;
  - Provide schools with tools and resources to create supportive environments for mental well-being; and
  - Align school mental health initiatives with national health campaigns.
3. The following are the key mental health events that schools are encouraged to observe:
  - World Mental Health (WMHD) on October 10, 2024 (as announced by the World Federation for Mental Health (WFHM), this year's theme is "It is Time to Prioritize Mental Health in the Workplace"); and
  - National Mental Health Week (NMHW) on the 2<sup>nd</sup> week of October.
4. Suggested activities, in the observation of the above events are as follows:
  - Promotion initiatives during flag ceremonies and other activities.


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- a. Mental Health Song
  - b. Mental Health Prayers
  - c. Updated directory of Mental Health Support/ Helplines
- Social media initiatives
  - Display of physical information materials
  - Activities for socialization during breaks
  - Learning sessions for personnel
5. References and materials to be used for the observances can be accessed at [https://bit.ly/DepEd-SMHP\\_2024MHObservances](https://bit.ly/DepEd-SMHP_2024MHObservances).
  6. Immediate and widest dissemination, and compliance to this Memorandum is desired.

  
**NORMA B. ESTEBAN, EdD, CESO V**  
Schools Division Superintendent