



Republic of the Philippines  
**Department of Education**  
REGION III  
Schools Division Office of Bulacan

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October 3, 2025

DIVISION MEMORANDUM  
NO. 444 s.2025

**MENTAL HEALTH AWARENESS MONTH DISSEMINATION 2025**

To: Assistant Schools Division Superintendent  
Division Chief  
Education Program Supervisor  
Public Schools District Supervisors  
Public and Private Elementary and Secondary School Head  
School Health Section  
All others Concerned

1. Pursuant to DepEd Memorandum No. 077, s. 2025, titled "Dissemination of the Implementing Rules and Regulations (IRR) of Republic Act (RA) No. 12080", also known as the Basic Education Mental Health and Well-Being Promotion Act, is enclosed.
2. This memorandum covers all public elementary and secondary schools under the jurisdiction of Schools Division of Bulacan. It directs the participation of schools heads, guidance counselors, teachers, non-teaching personnel, and students in the planned mental health activities for 2025.
3. The Mental Health Awareness Month for 2025 aims to:
  - promote mental health awareness and reduce stigma around mental health conditions
  - encourage early identification and intervention for mental health issues among students and personnel.
  - provide support system and care centers in schools.
  - align school mental health initiatives with national health campaigns.
4. The following are the key mental health events that schools are encouraged to observe:
  - World Mental Health Day (WMHD) on October 10, 2025 as announced by the World Federation for Mental Health (WFHM)
  - National Mental Health Week (NMHW) on the 2<sup>nd</sup> week of October.

Suggested Activities, Schools may observe the above events by organizing the following:

- A. Launching of Project CARE (Cultivating Awareness, Resilience and Empathy)
- Mindful Monday and Feels Friday (see Enclosure 1 for details)



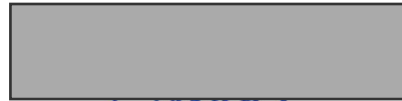


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- B. Promotion initiatives during flag ceremonies and other activities.
  - a. Mental Health Song
  - b. Mental Health Prayers
  - c. Updated directory of Mental Health Support/ Helplines
- C. Social media initiatives.
- D. Display of physical information materials.
- E. Activities for socialization during breaks.
- F. Learning sessions for personnel

5. This Memorandum shall take effect immediately and shall remain in force for the duration of the 2025 calendar year.



**CECILIA E. VALDERAMA, PhD** ✓

Assistant Schools Division Superintendent  
Office-in-Charge  
Office of the Schools Division Superintendent





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**Enclosure No. 1 to Division Memorandum No. 441 s. 2025**

**Project CARE**  
**(Cultivating Awareness, Resilience and Empathy)**

**Objective:**

- To increase knowledge and understanding of mental health concepts, issues, and resources among students, teachers, and parents.
- To reduce stigma by promoting open conversations and positive attitudes toward mental health.
- To equip learners and educators with coping strategies and self-care practices for managing stress and challenges.
- To develop compassion, active listening, and understanding in peer and teacher-student relationships.

**Activities:**

**MINDFUL MONDAY**

1. Morning Mindfulness Ritual
  - Begin the day with a short breathing exercise (2–3 minutes of deep inhales/exhales).
  - Invite students/staff to set an intention for the day (e.g., “I will be patient”).
2. Mindful Journaling
  - Prompt: “What am I grateful for today?” or “What can I let go of this week?”
  - Give 5–10 minutes for quiet writing/reflection.
3. Grounding Exercises
  - “5-4-3-2-1 Technique” – Notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
  - Helps reduce stress and improve focus.
4. Mindful Walking
  - Take a short walk (in the school grounds or workplace).
  - Encourage participants to notice their steps, surroundings, and breathing.
5. Mindful Listening
  - Pair up participants. One shares a thought or story while the other listens without interrupting for 2 minutes.
  - Teaches empathy and presence.
6. Gratitude Circle
  - In class or in a group, each person shares one thing they’re thankful for to start the week positively.
7. Creative Mindfulness
  - Art therapy (coloring mandalas, doodling, clay modeling).
  - Music pause (listening mindfully to one relaxing song).
8. Mindful Minute Breaks
  - Every class or work period starts with a 1-minute pause: eyes closed, breathe deeply, let go of tension.

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**9. Visualization Exercise**

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• Guide students to imagine a calm place (beach, mountain, garden) and bring their focus to positive imagery.

10. Kindness Challenge

• Encourage one small mindful act of kindness every Monday (complimenting someone, helping, or writing a thank-you note).

**FEELS FRIDAY**

1. Gratitude Wall

• Provide sticky notes or a board where participants can write one thing they are thankful for during the week.

• Helps end the week on a positive note.

2. Emotion Check-In

• Use emojis or “mood cards” to let participants express how they’re feeling at the end of the week.

• Facilitates awareness and peer support.

3. Sharing Circle

• Small groups gather to share one positive experience or challenge they had during the week.

• Encourages empathy and active listening.

4. Creative Expression Friday

• Activities like drawing, journaling, spoken poetry, or music where participants can express their emotions.

5. Compliment Exchange

• Encourage students or colleagues to write anonymous positive notes to others.

• Builds self-esteem and a culture of kindness.

6. Mindful Reflection

• A short guided meditation or breathing exercise to release the week’s stress.

• Can be done in classrooms or offices

7. Acts of Kindness Challenge

• Everyone does one small act of kindness before the day ends (helping a classmate, complimenting someone, assisting a peer).

8. Wellness Break

• Incorporate fun stress-relieving activities like stretching, zumba, laughter therapy, or games.

9. Storytelling Session

• Invite learners or staff to share inspiring or funny stories from the week to lighten the mood.

10. Weekly Wins Board

• Post or share achievements, big or small (academic, personal, team accomplishments) to celebrate together.



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