



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

DIVISION MEMORANDUM
NO. 500 s.2025

October 8, 2025

**REITERATION OF COMMEMORATION OF SCHOOL-BASED MENTAL
HEALTH OBSERVANCES 2025**

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

1. In support of the Department of Education's thrust on promoting mental health and well-being in schools, and pursuant to MEMORANDUM OM-OUOPS-2025- 03-05776 entitled COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025 to pursue strategies for mental health promotion in basic education. Mental Health plays a vital role in the overall well-being of individuals.
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 2024.
3. The Mental Health Observances for 2025 aim to strengthen learners' and personnel's awareness, resilience and empathy through sustained school-based mental health promotion and preventive interventions, in line with Deped Order No. 39, s. 2022
4. The key mental health events that schools are encouraged to observe is World Mental Health (WMHD) on October 10, 2024. As announced by the World Federation for Mental Health (WFHM), this year's theme is **"Access to Services: Mental Health in Catastrophes and Disasters."** Schools may observe the above events by organizing the following:



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4.1 Curricular and co-curricular activities, including promotion initiatives during flag ceremonies and classroom activities for socialization.

- Prayers for mental health
- socialization activities during classroom breaks

4.2 #HearAndHereWithU2025 social media initiatives. Offices and schools are invited to maximize their respective social media platforms in promoting messages related to this year's WMHD theme.

- Display Picture (DP) blast. (refer to Enclosure no 1. for the blast captions).
- Cut out Display Frame Stand/ Tarpapel (refer to Enclosure 2 for the cut out display picture stand guidelines)
- Those posting on the observances are encouraged to use the hashtags:

General Hashtags	#MentallyHealthyDepEd2025
	#OplanKalusuganSaDepEd2025
	#HearAndHereWithU2025
WSPD-specific	#ChangeTheNarrative2025
	#WSPD2025
WMHD - specific	#WorldMentalHealthDay2025
	#WMHD2025

4.3 “Save the Hotlines” Schools are invited to print and display nationwide and local mental health crisis hotlines/ helplines in school premises. This is to increase learners awareness that trained mental health crisis responders are readily available to help them. **Nationwide Crisis Hotlines may include:**

Organization	Hotline
National Center for Mental Health 24/7	Nationwide Landline - 1553
	Smart/ TNT 0919-057-1553
	Globe/ TM 0917-899-8727 0966-351-4518
Crisis Line by InTouch 24/7	0928-893-7603 0919-056-0709 0922-893-8944
Natasha Goulbourn Foundation	(02) 8004 4673 0917-872-5514
DSWD- WISupport	Text hotline; “DSWD (space)



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8am- 5pm Monday to Friday	WiSUPPORT (space) Name/ Sex/ Age/ Region/ Message or Concern' to 0918-912-2813
DepEd Central Office- Learner Telesafe Contact Center Helpline (LTTCH) 8am-6pm Monday to Friday	Landline: #33733 (02) 8632-1372 MOBILE: 09451759777

4.4 Ribbon Day. School Personnel and learners are encouraged to **wear green ribbons on October 10, 2025**, to show support for the celebration of WHMD.

5. Materials to be use for the observances, including the format for the DP blast and for the tarpapel, will be uploaded and may be accessed at https://bit.ly/DepEd_SMHP_2025-Observances.

6. Expenses for the activities related to the observances may be charged to the program support funds for SMHP and other Learners Support Programs of Local funds.

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



CECILIA E. VALDERAMA, PhD
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Office in Charge
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Enclosure No. 1 to Division Memorandum No. SD s. 2025

ANNEX A.

Display Picture Caption

1. 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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Enclosure No. 2 to Division Memorandum No. 500 s. 2025

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) × 4 A4 sheets (height)**, equivalent to about **105 cm × 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

- 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.

6. Duration

The cut-out display stand should be available and maintained throughout **October**.

7. Sample Print-Out



*Please note that the **black and white printed format is for sample use only**.

Cut-out display link: https://bit.ly/DepEd_SMHP_2025-Observances