



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

September 30, 2026

DIVISION MEMORANDUM

No. 453, s. 2026

**WORLD MENTAL HEALTH DAY AND  
2026 NATIONAL MENTAL HEALTH WEEK**

To: Assistant Schools Division Superintendent  
Division Chiefs  
Public Schools District Supervisors  
Public and Private Elementary and Secondary School Heads  
All Others Concerned

1. The Department of Education shall observed the **2026 National Mental Health Week**, pursuant to Presidential Proclamation No. 452, s. 1994, titled **Declaring the Second Week of October of Every Year as National Mental Health Week**, in accordance with the celebration of the **World Mental Health Day** on October 10.
2. The observance aims to raise awareness on mental health and psychosocial well-being, reduce stigma and discrimination, promote early help-seeking and access to appropriate support, strengthen resilience and self-care, and amplify the voices of people with lived experience toward the development of inclusive, responsive and person-centered mental health programs and services.
3. Schools are encourage to conduct the following activities:
  - a. Integration of Mental Health awareness messages during flag ceremonies and classroom discussions;
  - b. Information dissemination through posters, bulletin boards, and social media;
  - c. Short orientation or health education sessions of mental illness prevention;
  - d. Displaying green ribbons to signify support to the mental health awareness; and
  - e. Coordination with local health offices for Mental Health advocacy activities.



Address: Provincial Capitol Compound, Brgy. Guinhawa, City of Malolos,  
Bulacan  
Website: <https://bulacandeped.com>  
Email: [bulacan@deped.gov.ph](mailto:bulacan@deped.gov.ph)



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- f. All schools shall post in their respective official Facebook/Social Media account their accomplishments and compliance to their advocacy.
4. Immediate dissemination of this Memorandum is desired.

[Redacted Signature]

**CECILIA E. VALDERAMA, PhD, CESO VI**  
Schools Division Superintendent



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