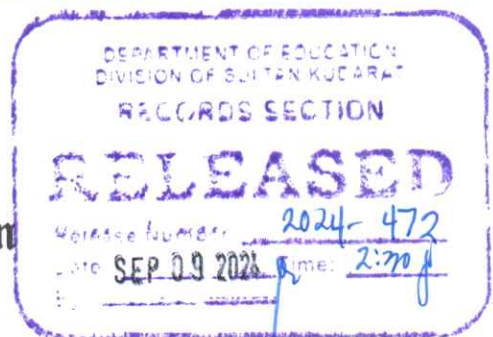




Republic of the Philippines
Department of Education
REGION XII
DIVISION OF SULTAN KUDARAT



September 6, 2024

No. **DIVISION MEMORANDUM**
SGOD-SHNS No. **159** s. 2024

MENTAL HEALTH OBSERVANCES 2024

To: Chiefs of Functional Division
Public Schools District Supervisors/Principals In-charge
Public Elementary and Secondary School Heads
Designated Mental Health Coordinators
All others concerned
This Division

1. Pursuant to Republic Act 11036, also known as the Mental Health Act and DepEd Order 9 s. 2024 which mandates the Department of Education to pursue strategies for mental health promotion in basic education, the School Health & Nutrition Section would like to enjoin the Division Office and all schools to commemorate the following observances:

- a. World Suicide Prevention Day (WSPD) on September 10, 2024
- b. World Mental Health Day (WMHD) on October 10, 2024
- c. National Mental Health Week (NMHW) on 2nd week of October

2. This activity aims to:
- 2.1 intensify suicide awareness among;
 - 2.2 decrease stigmatization associated with suicide; and
 - 2.3 promote mental health awareness and well being.

3. References and materials to be used for the observances will be uploaded and may be accessed at https://bit.ly/DepEd_SMHP_2024MHObservances.

4. Recommended activities for the observances are:

- 4.1 Promotion initiatives during flag ceremonies and other activities.
In flag ceremonies and other activities, as applicable, offices and schools are invited to include simple initiatives to increase awareness about the observances. These initiatives may be prayers for mental health, community singing, and promotion of mental health hotlines, as appropriate.

JANA/SGOD-SHNS/ MENTAL HEALTH OBSERVANCES 2024 PARTICIPATION/DSK-DIT DivMemo
v3r0.0e01.11.21/September 6, 2024



Address: Kenram, Isulan, Sultan Kudarat
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- a. Personnel and learners are invited to sing and dance to the **mental health song**. The video, audio, and the lyrics of the song can be found in the provided link.
 - b. **Mental health prayers** will also be in the provided link.
- 4.2 **Social media initiatives.** Offices and schools are invited to maximize Their respective social media platforms in promoting messages about mental health.
 - a. Informative cards for the observances will be uploaded in the provided link. These will also be shared in the Official DepEd Philippines Facebook page. Offices and schools are encouraged to share these to their respective Facebook pages for wider reach.
- 4.3 **Display of physical information materials.** Offices and schools are invited to print and display the collaterals related to the observances.
- 4.4 **Activities for socialization during breaks.** Teachers are encouraged to facilitate activities that promote socialization or positive behavior among learners during classroom breaks or before or after classes. These may be as simple as giving learners encouraging notes, journaling, or encouraging random acts of kindness.
- 4.5 **Learning sessions for personnel**
 - a. The BHROD-EWD has organized the **Wellness Wednesdays, a webinar series** that tackles different wellness dimensions. Personnel are encouraged to watch the **Facebook live broadcast** which will be streamed on the Official DepEd Philippines Facebook page. Schedule, proposed topics, and further details are included in **OM-OUHROD-2024-1516** and **Advisory on the Conduct of Wellness Wednesdays**.
5. Folders accessible through the provided link above will be updated by the Central Office (CO) bureaus/ services concerned as resources become available.
6. Those posting online about the observances are strongly encouraged to use the hashtags:
 - 6.1. General :
 - a. #MentallyHealthyDepEd
 - b. #OplanKalusuganSaDepEd
 - c. #OKSaDepEd

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- 6.2 WSPD specific:
- a. #StartTheConversation
 - b. #WorldSuicidePreventionDay
 - c. #WSPD2024
- 6.3 WMHD specific:
- a. #WMHD2024
 - b. #WorldMentalHealthDay
- 6.4 NMHW specific:
- a. #NMHW2024
 - b. #NationalMentalHealthWeek
7. The accomplishment reports with pictures shall be submitted to Division School Mental Health Coordinator through Google link drive <https://rb.gy/yxer5s>.
8. For queries and clarification, please contact Mr. JERYL ARON N. AGNER, RN Division School Mental Health Coordinator at jerylaron.agner@deped.gov.ph.
- By the authority of the Schools Division Superintendent:
9. Widest dissemination of this Memorandum is desired.


MEILROSE B. PERALTA, EdD
Assistant Schools Division Superintendent


CRISPIN A. SOLIVEN JR., CESE
Schools Division Superintendent

Incl: As stated

Reference: RA 11036, Deped Order 9 s. 2024

To be indicated in the Perpetual Index under the following subjects:

MENTAL HEALTH

OBSERVANCE

PREVENTION

JANA/SGOD-SHNS/ MENTAL HEALTH OBSERVANCES 2024 PARTICIPATION/DSK-DIT DivMemo
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