



Republic of the Philippines
Department of Education
Region X – Northern Mindanao
DIVISION OF LANA O DEL NORTE
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DIVISION MEMORANDUM

No. ✓23, s. 2021

TO : Assistant Schools Division Superintendent
CID and SGOD Chief Education Supervisors
Section Heads
All DepEd Personnel
All Others Concerned
This Division

FROM : EDILBERTO L. OPLENARIA, CESO V
Schools Division Superintendent

SUBJECT : CELEBRATION OF THE 2021 WORLD MENTAL HEALTH DAY
AND NATIONAL MENTAL HEALTH WEEK

DATE : OCTOBER 14, 2021

1. Relative to Regional Memorandum No. 590, s. 2021 titled **CELEBRATION OF THE 2021 WORLD MENTAL HEALTH DAY AND NATIONAL MENTAL HEALTH WEEK**, this Office enjoins all personnel to support/participate in the celebration of the 2021 National Mental Health Week on 11-16 October 2021 with the theme **“Mental Health Care for All: Let’s Make it a Reality”** and the Mental Health Day on October 10, 2021.
2. The following are the scheduled virtual activities of the above-mentioned week-long celebration that will be streamed via Facebook at DepEd Philippines:

Activity	Time Schedule
DepEd Mental Health Care Videos- daily videos amplifying the theme of the celebration	October 11-15 8:30 AM
Kwento ng Katatagan- social media content series will feature the mental health journey of selected DepEd Personnel at this time of pandemic. It seeks to provide a safe space for the personnel to share their experiences to inspire others.	October 11, 2021 onwards 5:00 PM





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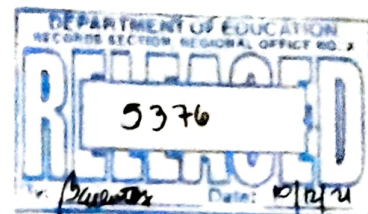
Coordinators' Meeting on the Implementation of the School Mental Health Program (under OK sa DepEd)- Details will be communicated directly to the School Mental Health Coordinators	October 14, 2021 1:30-4:30 PM
Closing Program for the Mental Health Week-includes messages from key offices, and the launch of the Tayo Naman song (c/o DRRMS) and the Video on DepEd's Mental Health Programs and Services	October 15, 2021 4:00-5:00 PM
Regional Virtual School Mental Health Forum will be conducted among all School Mental Health Coordinators, DRRMS Coordinators and Guidance Counselors, together with the designated teacher-coordinators and regional office personnel (via Facebook live at Department of Education Region 10)	October 27, 2021 9:00-12:00 PM

- Attached are the Regional Memorandum No. 590, s. 2021 and OUA Memorandum 00-1021-0038 for reference.
- Immediate dissemination and strict compliance of this Memorandum is directed.





Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO



Office of the Regional Director

October 11, 2021

REGIONAL MEMORANDUM

No. 590, s. 2021

**CELEBRATION OF THE 2021 WORLD MENTAL HEALTH DAY
AND NATIONAL MENTAL HEALTH WEEK**

To: Schools Division Superintendents
All Others Concerned

1. With reference to Presidential Proclamation No. 452, s. 1994 titled Declaring the Second Week of October of Every Year as National Mental Health Week, the Department of Education (DepEd) Region X joins the celebration of the 2021 National Mental Health Week on 11-16 October 2021 and the Mental Health Day on 10 October 2021.
2. Attached is the OUA Memorandum 00-1021-0038 dated October 7, 2021, articulating the celebration with the theme "Mental Health Care for All: Let's Make it a Reality" where tabulated virtual activities for a weeklong celebration will be streamed live via Facebook at DepEd Philippines.
3. Since the 2021 World Mental Health Day is a Sunday, the recommendation is to spend it as rest day with quality time for the family.
4. On October 14, 1:30-4:30 p.m., as part of the Mental Health Week activity, a meeting regarding the Implementation of School Mental Health Program under Oplan Kalusugan sa DepEd will be conducted among all school mental health program coordinators. The link will be shared directly to the participants.
5. On October 27, 9:00-12:00 p.m., a regional virtual school mental health forum will be conducted among all school mental health coordinators, DRRM coordinators, and guidance counselors, together with the designated teacher-coordinators and regional office personnel. This will be live via Facebook at Department of Education Region 10.
6. Immediate and wide dissemination of this Memorandum is desired.


DR. ARTURO B. BAYOCOT, CESO III
Regional Director

ESSD/mgy



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Republika ng Pilipinas
Kagawaran ng Edukasyon
Tanggapan ng Pangalawang Kalihim

OUA MEMO 00-1021-0038
MEMORANDUM
7 October 2021

For: **Secretary Leonor Magtolis Briones**
Undersecretaries and Assistant Secretaries
Central Office Bureau Directors
Regional Directors and BARMM Education Minister
Regional School Mental Health Coordinators

Subject: **CELEBRATION OF THE 2021 WORLD MENTAL HEALTH DAY AND NATIONAL MENTAL HEALTH WEEK**

The Department of Education, through the DepEd Technical Working Group (TWG) on Mental Health, enjoins all units at the Central Office, field offices, and schools to initiate/participate in activities related to the observance of the **2021 World Mental Health Day on 10 October 2021** and the **2021 National Mental Health Week on 11-16 October 2021**. This is pursuant to Presidential Proclamation No. 452, s. 1994, titled Declaring the Second Week of October of Every Year as National Mental Health Week.

The theme for this year's celebration is "**Mental Health Care for All: Let's Make it a Reality.**" Campaign background and resources relevant to the celebration are available at the website of the World Health Organization accessible through <https://bit.ly/whowmhd2021>.

1. As the 2021 World Mental Health Day falls on a Sunday, it is **best celebrated through rest and spending quality time with family and loved ones.**
2. All are enjoined to support/participate in the following activities set at the national level related to the celebration:
 - a. The Bureau of Learner Support Services-School Health Division (BLSS-SHD), in coordination with concerned bureaus and divisions at the Central Office, shall lead the conduct of the **annual School Mental Health Forum**, within the last quarter of the year, in line with the theme of this year's celebration of the World Mental Health Day and the National Mental Health Week.

Office of the Undersecretary for Administration (OUA)

[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers' Camp (BTC), Central Security & Safety Office (CSSO)]

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of Major Programs



The Forum shall serve as the culmination of the ongoing series of Coordination Meetings organized by BLSS-SHD with School Mental Health Coordinators and other concerned offices regarding the implementation of the School Mental Health Program.

- b. Selected member-offices of the DepEd TWG on Mental Health, including the BLSS-SHD, the Disaster Risk Reduction and Management Service (DRRMS), the Bureau of Human Resource and Organizational Development (BHROD), and Public Affairs Service (PAS), are collaborating to hold virtual activities and campaign messages that will be posted or streamed via the DepEd Philippines Facebook page and other official pages. These activities include the following:

Date/Time	Activity/Social Media Content (via DepEd Philippines)	Office(s) In-charge
11-15 October 8:30 am	DepEd Mental Health Care Videos - daily videos amplifying the theme of the celebration	DRRMS, BHROD
11 October onwards 5:00 pm	<i>Kwento ng Katatagan</i> - social media content series will feature the mental health journey of selected DepEd Personnel at this time of pandemic. It seeks to provide a safe space for the personnel to share their experiences to inspire others. Interested DepEd personnel can submit their entries through https://bit.ly/DepEdKatatagan	DRRMS, BHROD
14 October 1:30-4:30 pm	Coordinators' Meeting on the Implementation of the School Mental Health Program (under OK sa DepEd) - Details will be communicated directly to the School Mental Health Coordinators	BLSS-SHD
15 October 4:00-5:00 pm	Closing Program for the Mental Health Week - includes messages from key offices, and the launch of the <i>Tayo Naman</i> song (c/o DRRMS) and the Video on DepEd's Mental Health Programs and Services	DepEd TWG

- c. Selected virtual activities led by the Department of Health (DOH) related to the Celebration will also be shared at the DepEd Philippines Facebook page.
- d. Please refer to the attached Calendar of Activities for ready reference (**Annex A**). Participation in activities that fall on non-working days (e.g., those organized by the DOH) is optional and voluntary.
3. The field offices, through their respective School Mental Health Program Coordinators (from the School Health and Nutrition Sections/Units), are enjoined to conduct activities in support of the celebration, in coordination with their Designated Guidance Counselor Supervisor, per DM-OUCI-2021-055 (for the promotion and provision of Counseling and Referral Services), their DRRM Coordinators (for the promotion and provision Mental Health



and Psychosocial Support Services [MHPSS]/Psychological First Aid), and their Human Resource Management Offices (for the promotion of the mental health of employees).

- a. In view of the ongoing pandemic, virtual activities shall be preferred. Conduct of face-to-face activities, where allowed or may be held, shall be strictly guided by the updated required health standards (**Annex B**).
- b. Activities may be webinars, online conversations, online consultations, or virtual trainings, but **may also include “mental health breaks”** where personnel are given time during work hours to apply the learning they have acquired in previous mental health activities (e.g., one to two hours devoted for the practice of mindfulness exercises taught in previous webinars). For reference, the repository of the MHPSS virtual activities previously conducted by DepEd Central Office may be accessed through the following links:

Videos	Link
MHPSS videos for learners (c/o DRRMS)	https://bit.ly/MHPSSVSeries2021
MHPSS videos for personnel (c/o BHROD)	https://bit.ly/DepEdStrongerFromHome

- c. Field offices are invited to refer to the attached Calendar of Activities in determining the schedule of their respective regional, division, or school activities to avoid conflict in schedule. Activities that will require personnel to work beyond their agreed working hours (per their respective Alternative Working Arrangements) are discouraged.
 - d. Related activities may continue to be scheduled and implemented even after the National Mental Health Week to sustain the mental health promotion initiatives launched during the week.
 - e. The Engaged Time-on-Task policy should be observed for all activities as stipulated in DepEd Order No. 9, s. 2005.
4. The official hashtags for the celebration are **#WorldMentalHealthDay** and **#DepEdMHWeek2021**. Collaterals developed by the Public Affairs Service for the celebration in DepEd may be accessed at <https://bit.ly/depednmhw2021>.

Funding for the conduct of the school activities may be sourced from the budget for maintenance and other operating expenses (MOOE), subject to the usual accounting and auditing rules and regulations. Activities to be led by the School Mental Health Coordinators may be charged to the program support funds downloaded by BLSS-SHD, as may be available. The same accounting procedures and standards shall be applied to funds from other sources.

The report and photos on the highlights of the observance of the National Mental Health Week, particularly those conducted as part of the School Mental Health Program, shall be incorporated in the consolidated Accomplishment

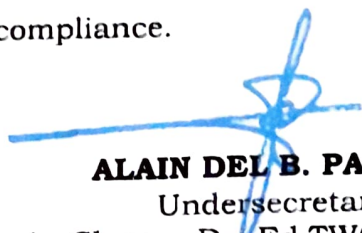


Report for *OK sa DepEd* for submission by the regional offices to BLSS-SHD, as guided by **DepEd Order No. 28, s. 2018**, titled Policy and Guidelines on *Oplan Kalusugan* sa Department of Education.

For further queries on these activities, please contact the following:

Office	Contact Persons/Information
BLSS-SHD	Dr. Maria Corazon C. Dumlao , Chief Health Program Officer 86329935, blss.shd@deped.gov.ph Glan Erik M. Adao , Education Program Specialist II 09173274426, glan.adao@deped.gov.ph (MS Teams)
BHROD	Bless D. Valdez , Administrative Officer II 8633 7229, bless.valdez@deped.gov.ph
DRRMS	Joan Grace R. Llamado , Technical Assistant 8637-4933, joan.llumado@deped.gov.ph

For wide dissemination and compliance.


ALAIN DEL B. PASCUA
Undersecretary

ExeCom-in-Charge, DepEd TWG on Mental Health



Annex A – Calendar of National Activities/Social Media Content for the 2021 World Mental Health Day and National Mental Health Week

Time	10 (Sunday)*	11 (Monday)	12 (Tuesday)	13 (Wednesday)	14 (Thursday)	15 (Friday)	16 (Saturday)*
6:00-6:30 am		Mental Health Week Prayer**					
6:30-7:00 am							
7:00-7:30 am							
7:30-8:00 am							
8:00-8:30 am							
8:30-9:00 am		DepEd Mental Health Care Videos**					
9:00-9:30 am					4th Mental Health Public Convention (Day Two)***	4th Mental Health Public Convention (Day Three)***	
9:30-10:00 am							
10:00-10:30 am							
10:30-11:00 am							
11:00-11:30 am							
11:30 am-12:00 nn							
12:00 nn-12:30 pm							
12:30-1:00 pm							
1:00-1:30 pm		1st Philippine Mental Health Research Summit: Mental Health Information System*** 1:00-4:00 pm		4th Mental Health Public Convention (Day One)***	Second Coordinators' Meeting on the Implementation of the School Mental Health Program**	Closing Program	
1:30-2:00 pm							
2:00-2:30 pm							
2:30-3:00 pm							
3:00-3:30 pm							
3:30-4:00 pm							
4:00-4:30 pm							
4:30-5:00 pm							
5:00-5:30 pm		Kwento ng Katagan Social Media Content Series**					
5:30-6:00 pm							
6:00-6:30 pm							
6:30-7:00 pm							
7:00-7:30 pm							

*As the 2021 World Mental Health Day (10 October 2021) falls on a Sunday, it is best celebrated through rest and spending quality time with family and loved ones. Participation in activities that fall on non-working days (e.g., those organized by the DOH) is optional and voluntary.

**Activity organized by selected member-offices of the DepEd TWG on Mental Health; social media content for posting at the DepEd Facebook pages

***Organized by the DOH (to be shared at the DepEd Philippines Facebook Page)



Annex B

Reiteration of Required Health Standards for Offices (with Updates) (From DTFC Memorandum No. 464)

Applicable health standards shall be strictly observed at all times whether in workplaces or when on travel.¹

1. Personnel who have symptoms of COVID-19 shall not report on-site, but instead report to their respective clinic doctors, attending physicians, or barangay health units. All personnel shall be subjected to a temperature check prior to being allowed entry into the workplace or the designated vehicle for those availing of transportation service.
2. **Masks shall be worn at all times**, even when attending virtual activities (when another personnel is physically present in the same room) or during necessary photo-ops in activities.
 - a. Health personnel and other personnel with high risk of exposure to COVID-19 should wear properly fitted surgical masks instead of cloth masks.
 - b. Personnel who may not be able to use surgical masks or those with low risk of exposure to COVID-19 in outdoor or indoor areas may wear cloth masks that fit snugly on the face and made of at least two layers of cotton (e.g., t-shirt fabric) or non-woven nylon with aluminum nose bridge.
 - c. Wearing of full-face shields on top of face masks shall be required in offices where the local government requires such in workplace settings.
3. As much as possible, personnel should avoid sharing the same room or removing their masks (e.g., for brushing teeth in a communal bathroom or recording a video message where the speaker is assisted by others). The following are also discouraged and should be avoided:
 - a. communal eating at work;
 - b. conversations between personnel who share the same room, especially when they are eating in their respective work stations;
 - c. conversations in enclosed spaces in the workplace, including the elevator;
 - d. communal dining before, during, or after a gathering; and

¹ This section includes guidelines recommendations from: (a) the Workplace Handbook on COVID-19 Management and Prevention (v1) of the DOH; and (b) The Philippine COVID-19 Living Recommendations, a document of the Institute of Clinical Epidemiology, National Institutes of Health, UP Manila in cooperation with the Philippine Society of Microbiology and Infectious Diseases funded by the DOH Ahead Program through the DOST-Philippine Council for Health Research and Development, <https://www.psmid.org/philippine-covid-19-living-recommendations/>



- c. conversations, phone calls, eating and removing of masks and face shields inside vehicles. Signages of "No Talking," "No Eating," and "No Taking Phone Calls" should be displayed or posted on the conspicuous areas in the vehicle.
4. In workplaces, doors and windows are encouraged to be opened, and use of air filtration systems is encouraged wherever and whenever possible. Adequate ventilation should be strictly enforced in vehicles. The opening of windows, with at least three (3) inches of opening, while in transit should be practiced whenever possible.
 5. No personnel should be situated directly in the flow of air coming from fans and air conditioners.
 6. Physical distancing shall be observed at all times regardless of setting. The one (1)-meter distance is the minimum, and farther distance beyond 1 meter is encouraged where possible.
 7. All personnel shall stay in their workstations, whenever possible. Movements between rooms, floors, buildings, and other offices shall be limited to necessary tasks.
 8. Sharing of items such as ballpens and passing around of documents (e.g., attendance sheets, folders) whether at work or in vehicles shall be avoided.
 9. The following practices shall be discontinued due to low or very low quality of evidence to prevent or control COVID-19 transmission:
 - a. Use of UV lamps or other UV devices in any place outside of a controlled clinic or hospital setting;
 - b. Use of misting tents or disinfection chambers;
 - c. Use of footbaths; and
 - d. Use of ionizing air purifier.
 10. These protocols shall be constantly communicated to personnel. Relevant signages shall be posted in workspaces and vehicles, and emails shall be regularly sent to personnel to remind them of these protocols.
 11. All are advised to regularly refer to the latest recommendations of the Department of Health (DOH) and the Philippine Society of Microbiology and Infectious Diseases (PSMID) on the required health standards. It shall be noted that provisions in DepEd Order No. 14, s. 2020 titled *Guidelines on the Required Health Standards in Basic Education Offices and Schools* that are no longer consistent with the DOH or the PSMID's recommendations (e.g., use of foot baths) shall be deemed amended. Such amendments will be included in the future issuance of updated health standards in DepEd.



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