



Republic of the Philippines  
**Department of Education**

18 APR 2017

DepEd MEMORANDUM  
No. **76**, s. 2017

**2017 WORLD HEALTH DAY**

To: Undersecretaries  
Assistant Secretaries  
Bureau and Service Directors  
Regional Directors  
Schools Division Superintendents  
Public and Private Elementary and Secondary Schools Heads  
All Others Concerned

1. The World Health Day is celebrated on April 7 of every year to mark the anniversary of the founding of the World Health Organization. The slogan for the **2017 World Health Day (WHD)** Campaign is *Depression: Let's Talk*.

2. Depression affects people of all ages, from all walks of life, in all countries. It causes mental anguish and impacts on people's ability to carry out even the simplest tasks, with sometimes devastating consequences for relationship with family and friends, and the ability to earn a living.

3. Depression can be prevented and treated. A better understanding of what depression is and how it can be prevented and treated will help reduce the stigma associated with the condition and lead to more people seeking help. The Department of Education (DepEd) seeks to achieve the following through the celebration of WHD:

- a. make the school populace better informed about depression, its causes and possible consequences including suicide and what help is available for its prevention and treatment;
- b. ensure that there is a facility where people with depression can get help; and
- c. emphasize the importance of how family, friends and colleagues with depression can provide support.

4. The following messages are enjoined to be disseminated:

- a. depression is a common mental disease that affect people of all ages from all walks in life in all accounts;
- b. the risk of becoming depressed is increased by poverty, unemployment, death of a loved one or a relationship break up, and physical illness caused by alcohol and drugs;
- c. depression causes mental anguish and can impact on people's ability to carry out even the simplest everyday tasks which sometimes cause devastating consequences to relationships with family and friends;
- d. untreated depression can prevent people from working and participating in family and community life; and
- e. at its worst depression can lead to suicide.

5. Schools and DepEd offices are encouraged to conduct lecture series, youth forum and other information education activities a week before, during and a week after the WHD to ensure awareness of the importance of mental health.

6. Immediate dissemination of this Memorandum is desired.



**LEONOR MAGTOLIS BRIONES**  
Secretary

Reference:

N o n e

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

CELEBRATIONS AND FESTIVALS  
HEALTH EDUCATION  
SCHOOLS

MCDJ, DM 2017 World Health Day  
0319 March 30/April 12, 2017