



Republic of the Philippines
Department of Education

19 OCT 2022

DepEd MEMORANDUM
No. **093**, s. 2022

2022 NATIONAL MENTAL HEALTH MONTH

To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. The Department of Education (DepEd) invites all offices and schools to join the observance of the **2022 National Mental Health Month** this October, during which the National Mental Health Week (October 10–14, 2022) and the World Mental Health Day (every October 10) are commemorated.
2. The observance of the National Mental Health Week every second week of October of every year has been institutionalized in the country through Presidential Proclamation No. 452, s. 1994. The Department of Health (DOH) on its social media platforms has extended the observance throughout the month of October which it dubbed as the National Mental Health Month.
3. The theme for the observance, as announced by the DOH, is **Mental Health and Well-being for All: Promoting Mental Health in Physical and Virtual Spaces**. It is based on the theme of **World Mental Health Day** on October 10, 2022, **Making Mental Health and Well-Being for All a Global Priority**.
4. By joining the observance, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and well-being of all personnel, learners, and others concerned both in schools and physical workspaces and online.
5. The following provisions of DepEd Order (DO) No. 034, s. 2022 titled **School Calendar and Activities for School Year 2022–2023** are reiterated:
 - a. Schools shall strictly devote 10 weeks of every academic quarter to actual classroom teaching. Schools are encouraged to integrate the celebrations/observances provided for by law into curricular activities as they deem reasonable and appropriate, so long as the total number of school days shall not be compromised.
 - b. Virtual activities through different social media platforms may be done but shall not form part of the learner's scholastic grade.
 - c. The eleventh week of each quarter may be used for the conduct of co-curricular activities.

6. Consistent with DO 034, s. 2022, the following are the recommended activities for the observance:

- a. **Lesson integration.** Teachers are enjoined to integrate into their lessons relevant mental health concepts/messages and other appropriate activities.
 - i. Teachers are reminded to follow DO 42, s. 2016 titled **Policy Guidelines on Daily Lesson Preparation for the K to 12 Basic Education Program** in preparing the detailed lesson plans (DLPs) that integrate the activities and the key concepts/messages of the campaign.
 - ii. A **refresher video** prepared by the Bureau of Learning Delivery (BLD) to guide teachers on how to integrate mental health concepts/messages and activities in the lesson may be accessed at <https://bit.ly/DepEd22MHMonthLessonIntegration>. References and resources on mental health which may be used by teachers in integrating mental health concepts/messages and activities in their lessons may also be accessed in the same folder.
- b. **Promotion initiatives during flag ceremonies and other activities.** In flag ceremonies and in other activities as applicable, offices and schools are enjoined to include simple initiatives to increase awareness about the observance, including prayers for mental health, community singing, delivery of short messages in support of mental health, and promotion of mental health hotlines, as appropriate.
 - i. Personnel and learners are invited to sing and dance to the **mental health song** composed for the observance. The video and audio files and the lyrics of the song may be accessed at <https://bit.ly/DepEd22MHMonthPrayersSongsPledge>.
 - ii. **Mental health prayers** may also be accessed in the same folder.
- c. **Social media initiatives.** Offices and schools are invited to maximize their respective social media platforms in promoting messages about mental health.
 - i. **Digital publicity materials** (e.g., profile frame, cover photo) may be accessed at <https://bit.ly/DepEd22MHMonthCollaterals>.
 - ii. **Informative cards and short videos** that give tips and advice on how to practice, promote, and protect mental health will also be uploaded on the same folder at the same time that they are shared on DepEd social media accounts.
 - iii. **Pledge of support.** Members of the Executive Committee, bureau, service and regional directors, schools division superintendents (SDSs), and school heads are enjoined to post on their personal or their office's or school's official social media accounts a video message where they express their pledge of support for the promotion of mental health through their respective roles or in their respective jurisdictions. A copy of the pledge may be accessed at <https://bit.ly/DepEd22MHMonthPledgeOfSupport>. Offices are also enjoined to invite key partners to post the same on their respective social media accounts.

d. **Display of information materials.** Offices and schools are invited to print and display the collaterals related to the observance, as practicable.

e. **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, asking learners to share what they are grateful for, or encouraging random acts of kindness. Activity guides may be accessed at <https://bit.ly/DepEd22MHMonthSocialization>.

f. **Learning sessions for personnel**

i. At the Central Office, an in-person **Learning Session on Mental Health** for personnel has been organized by the Disaster Risk Reduction and Management Service (DRRMS), in collaboration with the Bureau of Learner Support Services-School Health Division (BLSS-SHD) and Bureau of Human Resource and Organizational Development-Employee Welfare Division (BHROD-EWD). Field personnel are invited to join the **Facebook live broadcast** of the learning session on the DepEd Philippines Facebook Page on **October 28, 2022**, at 8:30 a.m.

ii. For Regional/Division School Mental Health Program Coordinators (at the School Health and Nutrition Sections/Units) who may organize learning sessions in line with the observance, they can use the resources (e.g., video recordings, learning session guides, presentations) to be provided by the BLSS-SHD.

g. Folders accessible through the links provided above will be updated by the Central Office (CO) bureaus/services concerned as resources become available.

h. Those posting online about the observance are invited to use the hashtags:

#MentallyHealthyDepEd, #CareForYourselfCareForOthers,
#WorldMentalHealthDay, #NationalMentalHealthWeek, and
#NationalMentalHealthMonth.

7. Expenses for the activities related to the observance may be charged to local funds, subject to the usual accounting and auditing rules and regulations.

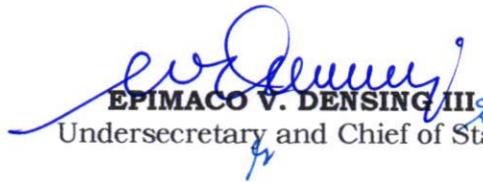
8. The following mechanisms are set to monitor participation in the observance:

a. DLPs developed by teachers integrating mental health concepts may be submitted to their respective Education Program Supervisors (EPS) (e.g., EPS for English for DLPs developed for English) upon the recommendation of their school heads. The SDS shall designate personnel to consolidate the DLPs who shall email the same to schoolmentalhealth@deped.gov.ph.

b. Reports on the conduct of activities for personnel may be reported to the BHROD-EWD through email at bhrod.ewd@deped.gov.ph.

- c. Learner support activities may be captured in the existing reporting mechanisms for BLSS-SHD's School Mental Health Program and/or *OK sa DepEd*, and/or the DRRMS-MHPSS Program, as appropriate.
 - d. Ideas, initiatives, or insights related to the observance (e.g., activities to promote positive school climate) may also be submitted through email at schoolmentalhealth@deped.gov.ph.
9. For more information, please contact the **Bureau of Learner Support Services-School Health Division**, 3rd Floor Mabini Building, Department of Education Central Office, DepEd Complex, Meralco Avenue, Pasig City through email at blss.shd@deped.gov.ph or at telephone number (02) 8632-9935.
10. Immediate dissemination of this Memorandum is desired.

By Authority of the Secretary:


EPIMACO V. DENING III
Undersecretary and Chief of Staff

References:

DepEd Order (No. 034, s. 2022 and 42, s. 2016)

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

BUREAUS AND OFFICES
CELEBRATIONS AND FESTIVALS
EMPLOYEES
HEALTH EDUCATION
OFFICIALS
PROGRAMS
PROJECTS
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