



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
SCHOOLS DIVISION OF EL SALVADOR CITY

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**Office of the Schools  
Division Superintendent**

DIVISION ADVISORY  
No. 1108, s. 2022  
October 25, 2022


*In compliance with DepEd Order No. 8, s. 2013,  
this Advisory is issued not for endorsement as per DO No. 28, 2001  
but for the information of DepEd Officials, Personnel/ Staff and the concerned public  
(visit <https://depedelsalvadorcity.net>)*

**NATIONAL MENTAL HEALTH MONTH**

The National Center for Mental Health is inviting teaching, non-teaching personnel, and school administrators to join the **NATIONAL MENTAL HEALTH MONTH**.

The participation of both public and private schools shall be on a voluntary basis. As such, the participants themselves shall shoulder any registration fees and travel/incidental expenses. Further, participation shall be subject to the *no-disruption-of-classes policy* stipulated in DepEd Order No. 09, s. 2005 entitled *Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith*, Section 3 of Republic Act No. 5546 (Policy on Contributions), and DepEd Order No. 066, s. 2017 (Policy on Off-Campus Activities).

Immediate and wide dissemination of this Advisory is desired.

  
**OLGA C. ALONSABE, PhD, CESO V**  
Schools Division Superintendent

Encl: As stated  
Reference: Letter of Invitation from the Organizer  
To be indicated in the Perpetual Index  
under the following subjects:

TRAINING PROGRAMS

SGOD/HRD/MPM



Address: Zone 3, Poblacion, El Salvador City | Website: [www.depedelsalvadorcity.net](http://www.depedelsalvadorcity.net)  
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DepEd El Salvador City &lt;elsalvador.city@deped.gov.ph&gt;

## October is National Mental Health Month

1 message

DepEd Newsletter <newsletter@deped.gov.ph>  
To: everyone@deped.gov.ph

Mon, Oct 10, 2022 at 9:49 AM

### OCTOBER IS NATIONAL MENTAL HEALTH MONTH!

Dear colleague,

We sincerely hope you are well and safe.

Before you read through the rest of the email, would you mind tapping your shoulder and telling yourself these words: *"You matter. You are loved. You are not insignificant. We are grateful for your presence today?"* If you are reading this newsletter beside another colleague at work, try telling them the same!

Today is **World Mental Health Day** which also opens the **National Mental Health Week** in the Philippines (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**.

The theme for the observance, as announced by the DOH, is **"Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces."** It is based on the theme of the World Mental Health Day, **"Making Mental Health and Well-Being for All a Global Priority."**

By joining the observance, we bring together our stakeholders and enjoin them to take part in ensuring the mental health and wellbeing of all personnel, learners, and others concerned both in schools and physical workspaces, and online.

Here are some ways you can join the observance:

1. **Pray for the promotion of mental health in DepEd and beyond.** Consider using the attached **Prayer for Mental Health** during your office's or school's flag raising ceremonies and other activities, as applicable.
2. **Promote mental health through curricular activities.** If you are a teacher, consider integrating mental health concepts/messages in your lessons, as appropriate. Per **DepEd Order No. 34, s. 2022** titled *School Calendar and Activities for School Year 2022-2023*, "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."
3. **Make the pledge of support for mental health.** We invite everyone, especially our leaders, in making the **Pledge of Support for Mental Health**. Record a video of yourself making your commitment to mental health promotion and share it on your social media accounts. Our Undersecretaries and Assistant Secretaries, Directors, Schools Division Superintendents, and School Heads are encouraged to post their video messages on their respective offices' or schools' social media platforms. Please read the attached memorandum from the Office of the Undersecretary for Governance and Field Operations for more details.
4. **Join the observance online.** You can also express your pledge by using the observance's frame for your Facebook profile photo. You can access it at [twb.nz/nmhw2022](https://www.facebook.com/twb.nz/nmhw2022). For posts online, kindly use the hashtags **#MentallyHealthyDepEd**, **#CareForYourselfCareForOthers**, **#WorldMentalHealthDay** (for posts today, October

**#MentallyHealthyDepEd**  
Mental Health and Wellbeing for All:  
Promoting Mental Health  
in Physical and Virtual Spaces



10), #NationalMentalHealthWeek (for posts on October 10-14), and #NationalMentalHealthMonth.

- 5. **Organize or attend learning sessions on mental health and/or wellness activities.** We invite you, if you are available this Friday, 8:30 a.m., to tune in to our [Facebook page's](#) virtual learning session on **Mental Health in Education**. We have also developed a session guide that you can use should you decide to host a learning session with colleagues utilizing the recorded videos of the session.

Together, let us continue to build a Department of Education in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need. Together, let us continue to build a #MentallyHealthyDepEd.

For psychosocial support consultation or assistance for mental health problems, please contact the **National Center for Mental Health (NCMH)** through <https://ncmhusaptayo.com/> or the **NCMH Crisis Hotline** reachable through the following numbers:

Toll-Free Landline (Unlimited Calls Nationwide)	1553 1800-1888-1553 (One-time charge of P7.50 per call for Smart/TNT)
GLOBE/TM	0966-351-4518 0917-899-8727
SMART/SUN/TNT	0908 639 2672

The NCMH Crisis Hotline provides assistance on a 24-hours, seven-days a week basis for free to individuals with mental health problems, especially those who are in crisis and at risk of suicide. A full directory of the Department of Health's helplines may be accessed at: <https://bit.ly/dohhelplines2022>.

Stay safe!

Love and prayers,

Your DepEd Family

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**2 attachments**

 **UGFO-Memo-1095-Request-for-Messages-of-Support-for-the-National-Mental-Health-Week-Sgnd..pdf**  
130K

**NMHW Prayer (Personnel).pdf**