



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

Office of the Schools Division Superintendent

10 OCTOBER 2022

DIVISION MEMORANDUM

No. 457 s. 2022

**REQUEST FOR MESSAGES OF SUPPORT FOR THE NATIONAL MENTAL
HEALTH WEEK**

To: **Assistant Schools Division Superintendent**
Chief, Schools Governance & Operations Division
Chief, Curriculum Implementation Division
All Public Elementary School Heads
All Public Secondary School Heads
This Division

1. Pursuant to the Office of the Undersecretary Governance and Field Operations (OUFGO) Memorandum No. 2022-03-1095, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), this office requests all public elementary and secondary school heads a message of support for the National Mental Health Week to be posted on their personal/public or their office's/school's official social media accounts, within the week of the observance. This video message will express their pledge of support for the promotion of mental health through their respective roles or in their respective jurisdictions.
2. Attached is the copy of the pledge (Annex A). It is requested that the hashtags #MentallyHealthyDepEd and #NationalMentalHealthWeek be used when posting the said video messages.
3. 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 theme for this year's observance, as announced by the Department of Health, is "*Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces*".



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4. By joining the observance, we aim to bring together DepEd stakeholders and enjoin them to take part in ensuring the mental health and well-being of all personnel, learners, and other players both in school and physical workspaces and online.

5. This office shall adhere to Equal Opportunity Principle (EOP) in the conduct of this activity. Hence, all decisions and actions shall be based solely on the guidelines set forth, with no discrimination on the account of age, ethnicity, gender, marital status, religion and political affiliation.

6. Immediate and wide dissemination of this Memorandum is enjoined.

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

To be indicated in the Perpetual index
Under the following subject:

NationalMentaHealthWeek

SGOD/VFLT



ANNEX A

Pledge of Support

I, _____ of
_____, commit to help promote mental health and well-
being in the Department of Education by _____

_____.

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**.

Pangako ng Suporta

Ako, si _____ ng
_____, ay nangangakong isusulong ang kalusugang
pangkaisipan at kaginhawaan sa Department of Education sa pamamagitan ng

_____.

Sama-sama nating ipagpatuloy ang pagbuo ng Department of Education bilang isang kagawaran kung saan ang kalusugang pangkaisipan ng bawat isa ay pinahalagahan, isinusulong, at pinapangalagaan, kung saan ang bawat isa ay may pantay na pagkakataong matamasa ang kalusugang pangkaisipan bilang isa sa kanilang mga karapatan, at kung saan ang bawat isa ay mayroong malalapitan sa panahon ng pangangailangan. Sama-sama nating itaguyod ang isang **#MentallyHealthyDepEd**.