



Republic of the Philippines  
**Department of Education**  
REGION VII – CENTRAL VISAYAS  
Division of City Schools – Tagbilaran City

**Office of the Schools Division  
Superintendent**

DIVISION MEMORANDUM  
No. *348*, s. 2022

October 7, 2022

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

TO: Public Elementary and Secondary School Principals

1. Pursuant to OUGFO Memorandum No. 2022-03-1095 dated October 5, 2022, in line with the observance of the National Mental Health Week on October 10-14, 2022, this Office, through the Bureau of Learner Support Services- School Health Division (BLSS-SHD), in coordination with other bureaus and services concerned at the Central Office, enjoins the School Heads to post on their personal/public or their office's or school's official social media accounts, within the week of the observance, 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.
2. The observance of the National Mental Week is every second week of October of every year. 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."
3. Attached is copy of the pledge (Annex A). It is requested that the hashtags **#MentallyHealthyDepEd** and **#NationalMentalHealthWeek** be used when posting the said video messages.
4. Immediate and wide dissemination of this Memorandum is highly expected.

**JOSEPH IRWIN A. LAGURA, PhD**  
Schools Division Superintendent *AL*  
Office of the Schools Division Superintendent

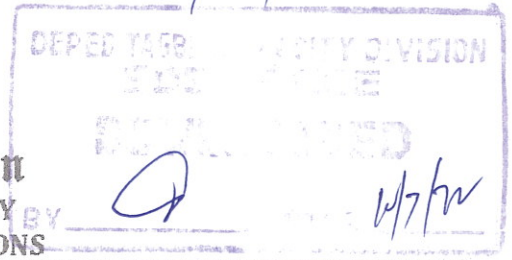
JIL/CPC/SGOD/FCT/accd2022



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Republic of the Philippines  
**Department of Education**  
OFFICE OF THE UNDERSECRETARY  
GOVERNANCE AND FIELD OPERATIONS

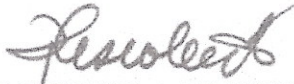


OUGFO No. 2022-03-1095

MEMORANDUM

5 October 2022

FOR: Undersecretaries and Assistant Secretaries  
Bureau and Service Directors  
Regional Directors and BARMM Minister of Education  
Schools Division Superintendents  
Elementary and Secondary School Heads

FROM:   
ATTY. REVSEE A. ESCOBEDO  
Undersecretary  
Governance and Field Operations

SUBJECT: REQUEST FOR MESSAGES OF SUPPORT FOR THE NATIONAL  
MENTAL HEALTH WEEK

In line with the observance of the National Mental Health Week on October 10-14, 2022, this Office, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), in coordination with other bureaus and services concerned at the Central Office, enjoins members of the Executive Committee, Bureau, Service and Regional Directors, Schools Division Superintendents (SDSs), and School Heads are enjoined to post on their personal/public or their office's or school's official social media accounts, within the week of the observance, 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.

Attached is copy of the pledge (Annex A). It is requested that the hashtags #MentallyHealthyDepEd and #NationalMentalHealthWeek be used when posting the said video messages.

At the Central Office, Undersecretaries, Assistant Secretaries, and Bureau and Service and Directors are also requested to submit a copy of their video recording, together with a copy of their high-resolution photos, to the Public Affairs Service-Creative Media Unit through email at [pas.cmu@deped.gov.ph](mailto:pas.cmu@deped.gov.ph), copy furnished [janssen.cabrera@deped.gov.ph](mailto:janssen.cabrera@deped.gov.ph), on or before October 10, 2022.

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.*"

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.

For questions and concerns, please contact **Gian Erik M. Adao**, Education Program Specialist II, or **Luke C. Sismaet**, Technical Assistant II, BLSS-SHD through (02) 8-632-9935 or email at [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph).

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 pinahahalagahan, 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.