



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS  
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

Office of the Schools Division  
Superintendent

April 7, 2025

**DIVISION MEMORANDUM**

NO: 212 s. 2025

**COMPREHENSIVE MENTAL HEALTH PROGRAM FOR EDUCATIONAL INSTITUTIONS**

TO: Assistant Schools Division Superintendent  
Chief, CID and SGOD  
All Public Elementary and Secondary Principals  
All Others Concerned

1. This Office hereby disseminates communication from Anthanettewen I. Salas-Lopez, President/CEO, GESTALT Neuropsychological and Psychological Services content of which is self-explanatory.
2. For more details please refer to the attached communication.
3. For your information.

**WILFREDA D. BONGALOS PhD, CESO V**  
Schools Division Superintendent

**Proposal for the Department of Education (DepEd)  
Comprehensive Mental Health Program for Educational Institutions**

Prepared By:  
Gestalt Neuropsychological and Psychological Services

Date: February 9, 2025

DepEd  
DIVISION OF TAGBILARAN CITY  
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**Introduction**

The Department of Education (DepEd) is at the forefront of shaping the future by providing quality education to millions of Filipino students. However, with the increasing demands on both educators and students, mental health concerns have become a growing challenge. Stress, anxiety, and psychological distress among students and faculty members significantly impact learning outcomes, productivity, and overall well-being.

Gestalt Neuropsychological and Psychological Services offers a **Comprehensive Mental Health Program** tailored to support educational institutions in fostering a **healthy, resilient, and emotionally intelligent learning environment**. Our services aim to promote psychological well-being, enhance student development, and provide intervention strategies for mental health concerns.

**Objectives**

- To implement a structured and sustainable Mental Health Program** that supports students, teachers, and non-teaching staff in managing stress and psychological challenges.
- To provide psychological and neuropsychological assessments** for early identification of mental health concerns, learning difficulties, and behavioral challenges.
- To equip educators with training and tools** to recognize, manage, and support students' mental health needs.
- To establish a referral system** for students requiring professional mental health interventions.
- To identify the developmental strengths and areas of concern of children with special needs** to formulate appropriate educational recommendations.
- To provide proper placement of students in suitable educational settings** that best support their academic, emotional, and overall development.

DEPARTMENT OF EDUCATION  
TAGBILARAN CITY SCHOOLS DIVISION OFFICE  
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**Proposed Services and Programs**

- Psychological and Neuropsychological Assessments**
  - For Students:** Identification of learning difficulties, behavioral concerns, and mental health conditions such as ADHD, anxiety, depression, and autism spectrum disorders.
  - For Teachers and Staff:** Psychological well-being screenings to prevent burnout and improve workplace resilience.
  - For Special Education (SPED) Students:** Comprehensive assessments for proper educational placement and intervention planning.
- Mental Health Awareness and Training Programs**
  - For Educators and Administrators:** Training on mental health first aid, stress management, and handling students with emotional and behavioral concerns.
  - For Students:** Interactive workshops on emotional resilience, self-care, and coping strategies for stress and academic pressure.
  - For Parents:** Guidance sessions on mental health awareness and parenting strategies to support their children's psychological well-being.
- Psychological Counseling and Intervention Services**
  - Individual and Group Counseling:** Addressing issues such as academic stress, anxiety, trauma, and personal development.
  - Crisis Intervention Services:** Immediate response for students or staff experiencing emotional distress.
  - Referral Network:** Coordination with mental health professionals for cases requiring specialized interventions.

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DATE: 2/11/25 CTR: 2-104

#### 4. School-Based Mental Health and Wellness Programs

- **Mental Health Advocacy Campaigns:** Promoting mental wellness through school-wide activities and campaigns.
- **Peer Support Programs:** Training students to become mental health advocates within their school community.
- **Wellness Checkpoints:** Setting up mental health stations where students can seek support and resources.

#### Implementation Plan

##### 1. Initial Consultation with DepEd Representatives

- Identify specific mental health needs within the institution.
- Customize a program that aligns with DepEd's objectives and policies.

##### 2. Mental Health Program Rollout

- Conduct psychological assessments, workshops, and training sessions.
- Implement support programs for students, teachers, and parents.

##### 3. Evaluation and Monitoring

- Regular progress assessments of students and staff.
- Feedback collection to improve and sustain the mental health program.

#### Proposed Budget

The budget will be customized based on:

- The number of schools and personnel involved.
- The scope of assessments and interventions required.
- The duration of the partnership and sustainability of the program.

Discounted rates are available for DepEd institutions engaging in long-term collaborations.

Why Partner with Gestalt Neuropsychological and Psychological Services?

1. **Expertise in Psychological and Neuropsychological Services** with over 14 years of experience.
2. **Legally compliant and evidence-based mental health programs** aligned with DepEd's policies.
3. **Nationwide presence** with accessible services in multiple locations.
4. **Customizable and holistic approach** that ensures the well-being of students, educators, and non-teaching personnel.

#### Next Steps

We welcome the opportunity to collaborate with DepEd in **promoting mental health and fostering a supportive learning environment**. Let's discuss how we can tailor our services to best meet your institution's needs.

For inquiries, please contact:

**Email:** sales.marketing.gestalt@gmail.com

**Phone:** (+63) 947-3254510

**Gestalt Neuropsychological and Psychological Services** is committed to **ensuring mental wellness in educational institutions**, empowering students and educators to thrive emotionally and academically.

Sincerely,

  
ANTHANETTE WBN L. SALAS-LOPEZ, Rpm  
President/CEO