



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

**Office of the Schools Division
Superintendent**

October 9, 2025

Division Memorandum
No. 730 s. 2025

COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025

To: Assistant Schools Division Superintendent
Chiefs, CID, SGOD
Public Elementary and Secondary School Heads
All Others Concerned

1. This Office through the School Governance and Operations Division- School Health and Nutrition Unit hereby disseminates the contents of Regional Memorandum No. 014 s. 2025, entitled "*Commemoration of School-Based Mental Health Observances 2025*," for your guidance and information.
2. In support of the Department of Education's continuous effort to promote and protect the mental health and well-being of learners and personnel, all public elementary and secondary schools in the Division of Tagbilaran City are enjoined to commemorate the **School-Based Mental Health Observances 2025** within the month of October.
3. The observance aims to raise awareness on mental health issues, reduce stigma and discrimination, and strengthen psychosocial support programs in schools. Schools are encouraged to organize relevant activities such as orientations, advocacy campaigns, classroom talks, wellness sessions, and other initiatives that promote positive mental health and well-being.
4. Schools are required to submit an accomplishment report with documentation and pictures of the conducted activities on or before October 24, 2025, to the Division School Mental Health Focal Person, Mrs. Rowena L. Pizarra, through her Messenger account.
5. Attached is a copy of the said Memorandum for reference.
6. Immediate dissemination and compliance of this Memorandum is desired.

WILFREDA D. BONGALOS PhD, CESO V
Schools Division Superintendent

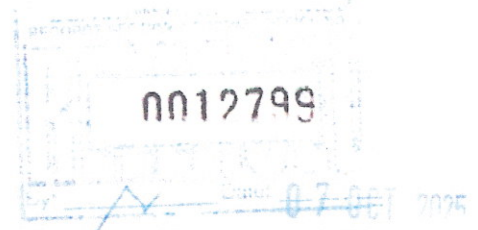
WDB/AAL/SGOD/MCC/rhp



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Republic of the Philippines
Department of Education
 REGION VII - CENTRAL VISAYAS



Office of the Regional Director

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REGIONAL MEMORANDUM

No. 1014 s. 2025

COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025

To: Schools Division Superintendents
 Assistant Schools Division Superintendents
 All Others Concerned

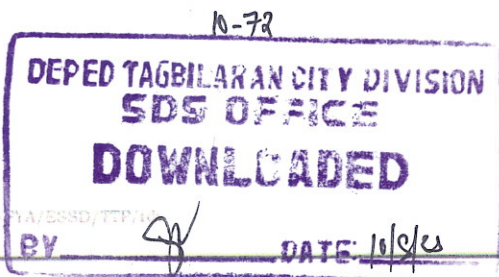
1. Pursuant to OM-OUGOPS-2025-03-05776 dated September 16, 2025 from the Office of the Undersecretary for Governance and Operations, the Bureau of Learner Support Services- School Health Division (BLSS-SHD), encourages all **Schools Division Offices (SDOs)** and **schools** to lead/ conduct school-based activities throughout the whole month of **October**, as practicable, to commemorate the following observances:

- **World Suicide Prevention Day (WSPD)**, celebrated on **September 10, 2025**. The International Association for Suicide Prevention (IASP) has provided **“Changing the Narrative on Suicide”** as the triennial WSPD theme for 2024-2026.
- **World Mental Health Day (WMHD)**, celebrated on **October 10, 2025**. As announced by the World Federation for Mental Health, this year’s theme is **“Access to Services: Mental Health in Catastrophes and Disasters.”**

2. This Office, through the Education Support Services Division (ESSD), disseminates the recommended activities in observance of the **2025 School-Based Mental Health Observances**. All expenses incurred relative to the conduct of said activities may be charged against the **Program Support Funds (PSF)** for the **School Mental Health Program (SMHP)** and other **Learner Support Programs**, or **local funds**, subject to the availability of resources. SDOs are advised to augment funds in cases of deficiencies or shortages, in accordance with existing accounting and auditing rules and regulations.

3. Accomplishments or initiatives of the SDOs (e.g., activities promoting a positive school climate) shall be submitted to essd.seven@deped.gov.ph, copy furnished marjory.canete@deped.gov.ph **on or before November 07, 2025**. It is reiterated that all mental health promotion activities and initiatives shall adhere to the no-disruption-of-classes policy stipulated in DepEd Order No. 9, s. 2025, titled *“Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith,”* and the policy on off-campus activities under DepEd Order No. 66, s. 2017.

4. Dissemination and compliance of this Memorandum are hereby directed.



SALUSTIANO T. JIMENEZ JD, EdD, CESO III
 Director IV
 Regional Director



Doña M. Gaisano St., Sudlon, Lahug, Cebu City
 Telephone Number: 639773295904 local 700



DepEd Tayo Region VII



region7.deped.gov.ph





Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2025-03-0574

TO : ALL REGIONAL DIRECTORS AND BARMM EDUCATION MINISTER
ALL SCHOOLS DIVISION SUPERINTENDENTS
ALL OTHERS CONCERNED

FROM : MALCOLM S. GARMA
Undersecretary



SUBJECT : COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH
OBSERVANCES 2025

DATE : September 16, 2025

Pursuant to Republic Act 11036 or the *Mental Health Act* and Republic Act 12080 or the *Basic Education Mental Health and Well-Being Promotion Act*, the Department of Education (DepEd) implements the **School-based Mental Health Program (SMHP)** to pursue strategies for mental health promotion in basic education, among others. In line with this, this Office, through the Bureau of Learner Support Services – School Health Division (BLSS-SHD), **encourages Regional Offices (ROs), Schools Division Offices (SDOs) and schools to lead/conduct school-based activities throughout the whole month of October, as practicable, to commemorate the following observances:**

- **World Suicide Prevention Day (WSPD)**, celebrated on September 10, 2025. The International Association for Suicide Prevention (IASPI) has provided “**Changing the Narrative on Suicide**” as the triennial WSPD theme for 2024-2026.
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By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and wellbeing of the learners. Recommended activities for the observance are:

1. **Curricular and co-curricular activities¹, including promotion initiatives during flag ceremonies and classroom activities for socialization.** In flag ceremonies and in classroom activities for socialization, as applicable, schools

¹Per DepEd Order No. 25, s. 2025 or the *Multiyear Implementing Guidelines on the School Calendar and Activities*, co-curricular activities shall be conducted on class days, preferably after school hours. However, schools have the flexibility to reduce the standard time allotment for each learning area by up to ten (10) minutes once every two weeks to conduct co-curricular activities. Further, the DO provides that celebrations and observances... may be integrated into curricular activities, provided they are deemed reasonable and appropriate, reinforce the attainment of target learning competencies, and do not compromise the total number of class days.

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Email Address: omougops@deped.gov.ph / Website: www.deped.gov.ph

Prep.	Rev.	Disse.	Rev.	Disse.
01/01/2025	01/01/2025	01/01/2025	01/01/2025	01/01/2025



2025-09-16 10:00:00



Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2025-03-05776

TO : ALL REGIONAL DIRECTORS AND BARMM EDUCATION MINISTER
ALL SCHOOLS DIVISION SUPERINTENDENTS
ALL OTHERS CONCERNED

FROM : MALCOLM S. GARMA
Undersecretary



SUBJECT : COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH
OBSERVANCES 2025

DATE : September 16, 2025

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Effectivity	09/16/25	Page	1 of 1



ANNEX A.

Display Picture Caption

1. On this World Mental Health Day, I [Name] from [SDO or School], stand in solidarity with those who are struggling. By fostering compassion and understanding, I am #HearAndHereWithU to listen and support without judgement.

#MentallyHealthyDepEd2025
#OplanKalusuganSaDepEd2025
#WorldMentalHealthDay2025
#DepEd4NMHW2025

ANNEX B

Guide for Printing and Use of the Cut-out Display Frame Stand/“Tarpaper”

1. Material Size

- The stand should be printed in a layout of **5 A4 sheets (width) × 4 A4 sheets (height)**, equivalent to about **105 cm × 84 cm**.
- Use sturdy backing (e.g., illustration board, corrugated board, foam board, or tarpaulin) to make it durable and easy to stand upright.

2. Location

- Place the picture stand in a visible area such as the school lobby, entrance, or near bulletin boards.
- Ensure it does not block walkways, exits, or emergency routes.

3. Accessibility

- Position the stand at a height that is comfortable for learners and guests to use for photos.
- Make sure it is stable and safe to avoid accidents.

4. Promotion

- Encourage learners, teachers, and visitors to take photos using the picture stand.
- Remind users to treat the display with care.

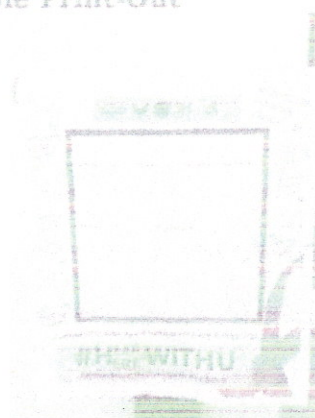
5. Social Media Sharing

- Photos taken with the picture stand may be shared on school or personal social media accounts, following guidelines on social media use and on data privacy (e.g., as those provided in OM-GUOPS-2024-05-03942 titled *Guidance on Posting Learners' Images or Data on Social Media*).
- Use the official hashtags provided for the campaign.

6. Duration

The cut-out display stand should be available and maintained throughout **October**.

7. Sample Print-Out



*Please note that the **black and white printed format is for sample use only**.

Cut-out display link: https://bit.ly/DepEd_SMHP_2025-Observances



Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2025-09-05776

FOR : **ATTY. FATIMA LIPP D. PANONTONGAN**
 Undersecretary and Chief of Staff
 Office of the Secretary

OK 
PETER IRVING C. CORVERA

OK - 4
 Office of Exec. Trng. L. Claino

FROM : **MALCOLM S. GARMA**
 Undersecretary



SUBJECT : **REQUEST FOR CLEARANCE RELATIVE TO THE ISSUANCE OF MEMORANDUM TO CONDUCT THE COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025**

DATE : September 16, 2025

The Department of Education (DepEd) is committed to promoting and protecting the mental health and well-being of learners by fulfilling its mandates under **R.A. 11036** or the *Mental Health Act* and **R.A. 12080** or the *Basic Education Mental Health and Wellbeing Promotion Act*. To ensure the relevance of the Department of Education's mental health initiatives pursuant to existing mandates, the Bureau of Learner Support Services – School Health Division (BLSS-SHD), respectfully transmits for clearance and approval of the documents relative to the commemoration of the School-Based Mental Health Observances 2025.

The memorandum commemorates the significant school-based mental health observances and increase the promotion of mental-health awareness and well-being of the school community by taking part of the recommended activities and local initiatives.

Should you have further questions or require additional information, you may contact the BLSS-SHD through email at blss.shd@deped.gov.ph or telephone number (02) 8632-9935. For the Undersecretary's consideration and approval.

Approved
Disapproved
Further Comments/Remarks

D323



