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Republic of the Philippines
Department of Education
Region XII



CITY SCHOOLS DIVISION OF TACURONG
City of Tacurong

DIVISION MEMORANDUM

SGOD No. 77, s. 2019

TO: **Asst. Schools Division Superintendent**
Chiefs, CTD and SGOD
Education Program Supervisors
Cluster Heads
Elementary and Secondary School Heads

(Public)

This Division

FROM: **LEONARDO M. BALALA, CESE**
Schools Division Superintendent

SUBJECT: **OBSERVANCE OF THE NATIONAL MENTAL HEALTH WEEK AND
THE WORLD MENTAL HEALTH DAY**

DATE: October 11, 2019

1. Mental Health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his/her community.
2. OK sa DepEd School Mental Health of this Division observes the 2019 National Mental Health Week, pursuant to Presidential Proclamation No. 452, s. 199 which declares the Second Week of October of Every Year as National Mental Health Week, in accordance with the celebration of the World Mental Health Day. The focus of the World Mental Health Day 2019 is **suicide prevention**. Efforts to raise awareness on the scale of suicide and the role that each of us can play to prevent it may be undertaken.
3. In line with this, all schools are enjoined to conduct activities for learners, parents and/or other concerned stakeholders to promote mental health and raise awareness on related issues, especially the focus of the World Mental Health Day 2019. It can be done during flag raising ceremonies, integration in Science, MAPEH, Values, Araling Panlipunan and Filipino subjects and other school based activities.
4. A brief narrative report on the conduct of the activities and properly captioned photos are requested to be submitted to the Division Office, Attention: Ms. Jonalee Y. Arquiza, RN and to be emailed to jonalee.y.arquiza@deped.gov.ph.
5. Immediate and wide dissemination of this memorandum is desired.