



Republic of the Philippines  
**Department of Education**

Region XII  
Schools Division Office of Tacurong City

October 4, 2023

**DIVISION MEMORANDUM**

SGOD No. 96, s. 2023

**INFO-DRIVE CAMPAIGN IN CELEBRATION OF WORLD MENTAL HEALTH  
MONTH 2023**

TO: Assistant Schools Division Superintendent  
Chiefs, Curriculum Implementation and  
Schools Governance and Operations Divisions  
Elementary and Secondary School Heads  
Elementary and Secondary (Public)  
This Division

1. World Mental Health Day is recognized each year on October 10<sup>th</sup>, the theme for 2023 is “**Mental Health is a universal human right**”. Good mental health is vital to our overall health and well-being. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence, and inclusion in the community.

2. In line with this, the Schools Division Office of Tacurong City – School Health Health Section in partnership with the Division DRRM Coordinator and Department of Health – City Health Office will conduct an info-drive campaign to all public secondary schools that will run from October 12 up to October 27, 2023. *See Enclosure 2 for specific schedules.*

3. The participants for this activity are the Grade 7 and 8 students. The activity aims to improve knowledge, raise awareness, and drive actions that promote and protect everyone’s mental health as a universal human right.

4. In this view all public elementary and secondary schools through the school mental health coordinators are enjoined to conduct/facilitate mental health activities, such as:

- School or in classroom mental health awareness celebration
- Music/Arts/Board Game/Essay Writing
- Self-Care Coping methods
- Zumba/Yoga or Meditation/Wellness Activities





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- Mental Health Quiz/Group Discussions
- Practice Gratitude/ Positivity Notes
- Nature Walk/Classroom Garden
- Bullet Journals/Reading Hour
- SLAC on suicide prevention and stress management among teachers and student

5. Also, all schools are also encouraged to reproduce and post the National Center for Mental Health Hotline in the conspicuous places in the school and orient learners for the free availment of psychosocial support.

6. Accomplishment report shall be submitted on or before November 8, 2023, thru the Division Mental Coordinator Ms. Jonalee Y. Arquiza.

7. Immediate and wide dissemination of this Memorandum is desired.

For and in the absence of

  
**GILDO G. MOSQUEDA, CEO VI**  
Schools Division Superintendent

Enclosure: 1-2  
Reference: Republic Act No. 11036  
Allotment: None  
To be indicated in the Perpetual Index under the following subjects:

CAMPAIGN      HEALTH

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JYA/SGOD-SHS/DM/INFO-DRIVE CAMPAIGN IN CELEBRATION OF WORLD MENTAL HEALTH MONTH/September 28, 2023




**Address:** Alunan Highway, Poblacion, Tacurong City 9800  
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Enclosure 1 to Division Memorandum SGOD No. \_\_\_\_\_ s, 2023



# May karamay ka sa akin.


Para sa libreng psychosocial support,  
maaaring tumawag sa  
National Council for Mental Health  
Crisis Hotlines:

**Nationwide Toll-Free Hotline**

# 1553

**Globe/TM** 0917-899-8727  
**Smart/Sun/TNT** 0908-639-2672  
0966-351-4518

**Facebook** @ncmhcrisishotline  
**Twitter** @ncmhhotline



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Enclosure 2 to Division Memorandum SGOD No. \_\_\_\_\_ s, 2023

**INFO-DRIVE CAMPAIGN IN CELEBRATION OF WORLD MENTAL HEALTH  
MONTH 2023**

<b>Name of School</b>	<b>Date</b>
Rajah Muda National High School	October 12, 2023
Apolinario S. Bernardo National High School	October 13, 2023
Upper Katungal National High School	October 19, 2023
Tacurong National High School	October 20, 2023
Abang-Suizo Integrated School	October 26, 2023
Virginia F. Grino Memorial National High School	October 26, 2023
San Emmanuel National High School	October 27, 2023
San Pablo National High School	October 27, 2023



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