



Republic of the Philippines  
**Department of Education**  
Region XII  
Schools Division Office of Tacurong City

September 30, 2025

**DIVISION MEMORANDUM**

SGOD-2025- 148

**OBSERVANCE OF WORLD MENTAL HEALTH MONTH 2025**

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

1. Pursuant to the observance of **World Mental Health Month 2025**, with the theme ***“Access to Services: Mental Health in Catastrophes and Disasters”***, the Schools Division of Tacurong City enjoins all schools to actively participate in the said celebration.

2. To meaningfully observe the celebration, schools are encouraged to conduct activities every week that promote mental health awareness, reduce stigma, and foster psychosocial well-being among learners and personnel. Suggested activities include, but are not limited to, the following:

**First Week**

- Mental Health Awareness Seminar/Webinar
- Psychosocial Support Activities

**Second Week**

- Poster- and Slogan-Making Contest
- Wellness Fair
- Mindfulness and Relaxation Exercises

**Third Week**

- Mental Health Pledge Wall
- Storytelling and Testimonial Sharing
- Film Showing and Reflection Session



Republic of the Philippines  
**Department of Education**  
Region XII  
Schools Division Office of Tacurong City

---

**Fourth Week**

- Self-Care Day
  - School-wide Advocacy Campaign
  - Mental Health Quiz Bee
3. Schools are advised to integrate these activities within their health and guidance programs while ensuring that classes and essential school operations are not disrupted.
4. Resource materials that can be used to this activity may be accessed through the following link: [SMHP Manuals](#).
5. With these, School heads are requested to submit an accomplishment report on the activities conducted on or before November 03, 2025.
6. For queries and clarifications, you may contact **Ms. Jonalee Y. Arquiza, RN**, the Division School Mental Health Coordinator thru this number 09691882995.
7. Immediate dissemination of and compliance with this Memorandum is directed.

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

*JYA/SGOD-SHS/DM/OBSERVANCE OF WORLD MENTAL HEALTH MONTH 2025/ September 30, 2025*

---



Address: Alunan Highway, Poblacion, Tacurong City 9800  
Telephone Numbers: (064)-200-6316; 0919-065-6425  
Email: [tacurong.city@deped.gov.ph](mailto:tacurong.city@deped.gov.ph)  
Website: [depedtacurong.org](http://depedtacurong.org)