



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

October 01, 2026

DIVISION MEMORANDUM

SGOD-2026- 181

OBSERVANCE OF WORLD MENTAL HEALTH DAY 2026

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. The Department of Education – Schools Division Office of Tacurong City, joins the worldwide observance of **World Mental Health Day 2026** with the theme **“Lived Experiences Heard: Real Voices, Real Change”** on **October 10, 2026**, with the aim of promoting mental health awareness, reducing stigma, and strengthening support for the mental well-being of learners and personnel.
2. World Mental Health Day provides an opportunity to raise awareness of mental health concerns, encourage open and respectful conversations about emotional well-being, and promote the importance of seeking appropriate support when needed.
3. In line with this observance, all public elementary and secondary schools are encouraged to conduct appropriate **Mental Health and Psychosocial Support (MHPSS) activities** during the month of October 2026. Activities may include, but are not limited to:
 - a. Mental health awareness sessions and information dissemination;
 - b. Classroom-based discussions on emotional well-being, coping, and help-seeking;
 - c. Mental health advocacy campaigns and poster-making activities;
 - d. Wall of Hope/Frame of Hope or similar positive mental health activities;
 - e. Wellness and stress-management activities for teaching and non-teaching personnel;
 - f. Peer support and positive social connection activities; and
 - g. Other school-based activities consistent with DepEd mental health and psychosocial support programs.
4. School Heads are encouraged to ensure that all activities are age-appropriate, inclusive, safe, and sensitive to the needs of learners and personnel.



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5. Activities involving personal sharing or disclosure of distress should be facilitated by trained personnel, with appropriate referral and support mechanisms in place.
6. Schools are likewise encouraged to maximize existing Mental Health and Psychosocial Support (MHPSS) resources and referral mechanisms, including the services of designated School Mental Health Coordinators, School Clinic Coordinator, trained Psychological First Aid (PFA) providers, and other available mental health professionals and partner agencies.
7. The School Health and Nutrition Section, through the School Mental Health Program (SMHP), shall provide technical assistance and guidance to schools in the implementation of appropriate mental health activities and shall monitor and document the Division's observance of World Mental Health Day.
8. Schools may submit a brief documentation or accomplishment report, including photographs and a summary of activities conducted, to the School Health and Nutrition Section for consolidation and documentation on or before October 29, 2026.
9. Immediate and wide dissemination of this Memorandum is desired.

CARLOS G. SUSARNO PHD, CESO VI
Asst. Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent



JYA/SGOD-SHS/DM/OBSERVANCE OF WORLD MENTAL HEALTH DAY 2026/ October 01, 2026



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