



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION
DIVISION OF ESCALANTE CITY



October 12, 2026

DIVISION MEMORANDUM

No. 454, s. 2026

OBSERVANCE OF WORLD MENTAL HEALTH DAY

To: OIC-Assistant Schools Division Superintendent
Chief Education Supervisors CID & SGOD
Education Program Supervisors
Public and Private Elementary/Secondary School Heads/TIC's/OIC's
School Counselor Associates
Guidance Designates
All others concerned

1. Pursuant to **Republic Act No. 11036**, otherwise known as the **Mental Health Act**, **Republic Act No. 12080**, or the **Basic Education Mental Health and Well-Being Promotion Act**, and **Presidential Proclamation No. 452, s. 1994**, which institutionalizes the observance of **National Mental Health Week**, the Department of Education promotes initiatives that advance mental health awareness and the well-being of learners and school personnel.
2. In line with the observance of World Mental Health Day every October 10, all public elementary and secondary schools in the Schools Division of Escalante City are enjoined to conduct a short but meaningful mental health awareness activity during the **Flag-Raising Ceremony on Monday, October 12, 2026**, or during their respective **Homeroom Guidance classes**.
3. The activity aims to:
 - a. Raise awareness among learners and school personnel on the importance of mental health and emotional well-being;
 - b. Promote a supportive, inclusive, and compassionate school environment that encourages understanding, empathy, and respect for individuals experiencing mental health challenges;
 - c. Encourage learners and school personnel to practice simple strategies for managing stress, nurturing positive relationships, and seeking appropriate support when needed; and
 - d. Strengthen the commitment of schools to mental health promotion through meaningful awareness activities and documentation of the conduct thereof.
4. The **School Counselors Associates or designated Guidance Designates** shall take the lead in planning and facilitating the mental health awareness activity in coordination with the school head. They shall ensure that the activity is appropriate, meaningful, and responsive to the mental health and well-being needs of learners and school personnel.
5. Schools may choose from the suggested activities previously shared through the designated group chat or develop an appropriate activity suited to their respective school contexts. Activities may include a brief mental health awareness message, mindfulness exercise, affirmation activity, sharing of positive messages, or other initiatives that promote emotional well-being, empathy, kindness, and help-seeking behavior.
6. All school heads shall ensure that the activity is conducted meaningfully, inclusively, and within a reasonable time, without compromising regular instructional activities.



Escalante City, Negros Occidental, Philippines
Tel. Nos – (034) 724-5720, (034) 454- 0746
escalante.city001@depd.gov.ph
depdescalantecity.weebly.com



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION
DIVISION OF ESCALANTE CITY

Schools shall likewise document the conduct of the activity through photographs and a brief narrative report for monitoring and reference purposes.

7. Division monitoring personnel shall monitor the conduct of the activity in their respective assigned schools to ensure compliance with this Memorandum.
8. Attach is the Monitoring and Evaluation (M&E) Tool for the Observance of World Mental Health Day.
9. Immediate dissemination of and compliance with this Memorandum is desired.


PETER J. GALIMBA

Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent



Escalante City, Negros Occidental, Philippines
Tel. Nos – (034) 724-5720, (034) 454- 0746
escalante.city001@deped.gov.ph
depedeslantecity.weebly.com



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION
DIVISION OF ESCALANTE CITY

Enclosure: As stated.
Reference: As stated.
Allotment: 4,5,6,7,8,10
MENTAL HEALTH PROGRAMS AND ACTIVITIES

MJTAN/CID
October 12, 2026

Enclosure to Division Memorandum No. 454, s. 2026

MONITORING AND EVALUATION (M&E) TOOL FOR THE OBSERVANCE OF WORLD MENTAL HEALTH DAY

I. School Profile

Name of School _____
Name of School Head _____
Name of School Counselor _____
Associate/Guidance Designate _____
Date of Activity _____
Type of Activity ☐ Flag-Raising Ceremony ☐ Homeroom Guidance
Number of Participants Learners: _____ Personnel: _____
Name of Division Monitor _____

II. Monitoring and Evaluation Checklist

Directions: Put a check mark (✓) in the appropriate column to indicate whether each indicator is Evident or Not Evident. Provide remarks and appropriate means of verification, as applicable.

No.	Monitoring Indicators	Evident	Not Evident	Remarks/Mean of Verification
1	The school conducted a mental health awareness activity in observance of World Mental Health Day.			
2	The activity was conducted during the Flag-Raising Ceremony or Homeroom Guidance class.			
3	The School Counselor Associate or Guidance Designate led the planning and facilitation of the activity.			
4	The activity was coordinated with and supported by the school head.			
5	The activity was appropriate to the age, needs, and context of the learners.			
6	The activity included key messages on the importance of mental health and emotional well-being.			
7	The activity promoted empathy, kindness, respect, and understanding of mental health concerns.			
8	The activity encouraged positive coping strategies and healthy ways of managing stress and emotions.			
9	The activity encouraged learners and			



Escalante City, Negros Occidental, Philippines
Tel. Nos - (034) 724-5720, (034) 454- 0746
escalante.city001@deped.gov.ph
depedeslantecity.weebly.com



Republic of the Philippines
Department of Education
 NEGROS ISLAND REGION
DIVISION OF ESCALANTE CITY

	personnel to seek appropriate support when experiencing mental health concerns.			
10	Learners and/or school personnel were given opportunities to participate in the activity.			
11	The activity was conducted in a safe, inclusive, and non-stigmatizing environment.			
12	The activity was conducted within a reasonable time without compromising regular instructional activities.			
13	Appropriate mental health information, messages, or learning materials were utilized during the activity.			
14	The school documented the conduct of the activity through photographs and/or other appropriate evidence.			

III. Summary of Monitoring Results

Particulars	Number
Total Indicators	14
Indicators Rated Evident	_____
Indicators Rated Not Evident	_____
Percentage of Compliance	_____ %

Formula:

$$\text{Compliance Rate} = \frac{\text{No. of Evident Indicators}}{14} \times 100$$

IV. Findings, Observations, and Recommendations

A. Best Practices/Strengths Observed:

B. Areas for Improvement:

C. Technical Assistance Provided /Recommendations:

V. Documentation and Validation

Prepared/Monitored by:

Name and Signature: _____
Date: _____

Position: _____



Escalante City, Negros Occidental, Philippines
 Tel. Nos – (034) 724-5720, (034) 454- 0746
escalante.city001@deped.gov.ph
depedescalantecity.weebly.com



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION
DIVISION OF ESCALANTE CITY

Conformed by:

School Head

SCA / Guidance Designate



Escalante City, Negros Occidental, Philippines
Tel. Nos – (034) 724-5720, (034) 454- 0746
escalante.city001@deped.gov.ph
depedescalantecity.weebly.com