



Republic of the Philippines
Department of Education
 CORDILLERA ADMINISTRATIVE REGION
 SCHOOLS DIVISION OF ABRA

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 CORDILLERA ADMINISTRATIVE REGION
 SCHOOLS DIVISION OF ABRA

18 October 2022

Division Memorandum
 No. 288 s. 2022

**GUIDANCE TO SCHOOL MENTAL HEALTH PROGRAM COORDINATORS FOR THE
 2022 NATIONAL MENTAL HEALTH MONTH**

To: **Assistant Schools Division Superintendent**
Chief, Curriculum Implementation Division (CID)
Chief, School Governance and Operations Division (SGOD)
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Others Concerned

1. This Office disseminates DepEd Memorandum OUGFO No. 2022-03-1037 re: **"Guidance to Regional/Division School Mental Health Program Coordinators for the 2022 National Mental Health Week/Month"**. This year's theme is **"Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces"**.
2. In this regard, all schools are enjoined to conduct activities in observance to the 2022 National Mental Health Month guided by the following provisions of DO No. 34, s. 2022 or the "School Calendar and Activities for School Year 2022 -2023":
 - a. Schools shall strictly devote ten (10) weeks of every academic quarter to actual classroom teaching. Schools are encouraged to integrate the celebrations/observances provided for by law into curricular activities as they deem reasonable and appropriate, so long as the total number of school days shall not be compromised.
 - b. The eleventh week of each quarter may be used for the conduct of co-curricular activities.
 - c. Virtual activities through different social media platforms may be done but shall not form part of the learner's grade.
3. Resources can be accessed at <https://bit.ly/MentallyHealthyDepEdResources>.
4. A narrative report shall be submitted at darren.carino@deped.gov.ph on or before November 4, 2022.
5. Immediate dissemination of and compliance with this Memorandum is directed.


BENILDA M. DAYTACA EdD CESO V
 Schools Division Superintendent 

Enc./s: OUGFO No. 2022-03-1037
 Reference: OUGFO No. 2022-03-1037
 DCC-SGOD-SH-SMH



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