



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION

October 10, 2022

REGION MEMORANDUM
ESSD No. 128, s. 2022

**CELEBRATION OF NATIONAL MENTAL HEALTH WEEK AND REQUEST FOR
MESSAGE OF SUPPORT**

To: Schools Division Superintendents

1. The observance of the **National Mental Health Week** every second week of October of every year has been institutionalized in the country through Presidential Proclamation No. 452 s 1994. The theme for this year is *“Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces”*.
2. Relative to this, the Office through the Education Support Services Division-School Health Section (ESSD-SHS), enjoins all personnel to post on their official social media accounts, a video message where they express their pledge of support for the promotion of mental health through their respective roles or in their respective jurisdictions.
3. Enclosed is the copy of the pledge. It is requested that hashtags #MentallyHealthyDepEd and #NationalMentalHealthWeek be used when posting the video messages.
4. By joining the observance, it is aimed at bringing together DepEd stakeholders and enjoin them to take part in ensuring the mental health and well-being of all personnel, learners, and other players in school, in physical workspaces and online.
5. For more information and guidance, contact Education Support Services Division at 083- 2281667.


CARLITO D. ROCAFORT
Director IV

Encl: As stated

Reference: OUGFO 2022-03-1098 dated October 5, 2022

Allotment: None

To be indicated in the Perpetual Index under the following Subjects:

MENTAL HEALTH

MLAI/ESSD-SHS/RM CELEBRATION OF NATIONAL MENTAL HEALTH WEEK AND REQUEST FOR MESSAGE OF SUPPORT/131/October 10, 2022.



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Enclosure 1 to Region Memorandum ESSD No. 128, s. 2022: Copy of Pledge

Pledge of Support

I, _____, _____ of
_____, commit to help promote mental health and well-
being in the Department of Education by _____
_____.

Together, let us continue to build a Department of Education in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need. Together, let us continue to build a #MentallyHealthyDepEd.

Pangako ng Suporta

Ako, si _____, _____ ng
_____, ay nangangakong isusulong ang kalusugang
pangkaisipan at kaginhawaan sa Department of Education sa panamagitan ng
_____.

Sama-sama nating ipagpatuloy ang pagbuo ng Department of Education bilang isang kagawaran kung saan ang kalusugang pangkaisipan ng bawat isa ay pinahahalagahan, isinusulong, at pinapangalagaan, kung saan ang bawat isa ay may pantay na pagkakataong matamasa ang kalusugang pangkaisipan bilang isa sa kanilang mga karapatan, at kung saan ang bawat isa ay mayroong malalapitan sa panahon ng pangangailangan. Sama-sama nating itaguyod ang isang #MentallyHealthyDepEd.



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