



Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS
SCHOOLS DIVISION OF AKLAN

October 1, 2025

DIVISION MEMORANDUM

No. 523, s. 2025

MENTAL HEALTH WEEK OBSERVANCES 2025

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Senior/Education Program Specialist
Public Schools District Supervisors
Principals/Head Teacher-In-Charge of the District
Heads of Public Elementary, Secondary, and Integrated Schools
All Others Concerned

1. In support of Republic Act No. 11036 (Mental Health Act) and DepEd Memorandum No. 074, s. 2021, the Schools Division of Aklan shall observe National Mental Health Week from **October 6 to 10, 2025**, as part of the broader month-long celebration of National Mental Health Month. This year's global theme, "**Community: Supporting Mental Wellbeing Together**," emphasizes the vital role of supportive communities in promoting resilience, shared understanding, and emotional wellbeing. The observance aims to:
 - a. Raise awareness on the importance of mental health;
 - b. Strengthen school-based support systems through learner-centered activities; and
 - c. Foster a sense of community and shared responsibility for mental wellness.
2. Schools are encouraged to sustain mental health initiatives year-round, integrating the theme into classroom discussions, wellness activities, and community engagement efforts. Age-appropriate activities that reflect the theme may include but not limited to the following:
 - a. Mental Health Literacy Sessions (e.g., classroom integration, homeroom guidance);
 - b. Art for Wellness (e.g., poster-making, journaling, spoken word);
 - c. Mindful Movement Activities (e.g., stretching, breathing exercises);
 - d. Mental Health Corners and Suggestion Boxes;
 - e. Home Environment, Education/Employment, Eating and Exercise, Activities, Drugs/Substances, Sex, Suicidality/Depression, And Safety Assessment; and



Poblacion, Numancia, Aklan
Tel/Fax No. (265 3740 | 265 3741 | 265 3743)
Website: <http://www.depedaklan.org>
Email Address: aklan.1958@deped.gov.ph



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- f. Mental health break in the green/mental health spaces for learners.
3. School heads shall assign a Mental Health Focal Person to oversee activities. A Narrative Report with MOVs (photos, attendance, reflections) shall be submitted to the district nurse-in-charge and/or Mental Health District focal person for consolidation and submission to SGOD - School Health and Nutrition Unit **on or before October 31, 2025** through <https://bit.ly/Mental-Health-Week-Observances-2025>.
4. Widest and immediate dissemination of and strict compliance with this Memorandum is desired.


FELICIANO C. BUENAFE JR., CESO VI
Schools Division Superintendent

Encl.: As stated
Reference: As stated
To be indicated in the Perpetual Index
under the following subjects:

HEALTH PROGRAM

RMF/rds



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Republic of the Philippines
Department of Education

26 OCT 2021

DepEd MEMORANDUM

No. **074**, s. 2021

**INCLUSION AND PROMOTION OF MENTAL HEALTH
IN ALL DEPED EVENTS AND PROGRAMS**

To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. The COVID-19 pandemic has posed unprecedented challenges to the education sector.
2. The rising number of cases and presence of community transmissions have not only hampered physical classes, but also brought about mental and psychological distress to the learners and personnel of the Department of Education (DepEd) and its stakeholders.
3. DepEd prioritizes the promotion and protection of the mental health and general welfare of its personnel and learners, especially in this time of crisis. DepEd Order No. 14, s. 2020 titled **Guidance on the Required Health Standards in Basic Education Offices and Schools** highlights this priority through the provision of Mental Health and Psychosocial Support Services (MHPSS) to improve and strengthen the mental resilience of all learners and DepEd personnel.
4. The provision of MHPSS entails access to different helplines for mental health. In this regard, all DepEd offices are instructed to include and promote the enclosed poster provided by the Disaster Risk Reduction and Management Service (DRRMS) in all events and programs.
5. As the pandemic continues to challenge the populace, the enclosed poster containing the helplines from different organizations will provide learners and DepEd personnel different ways to seek help and persons to contact in times of mental and psychological distress. These organizations may provide mental health and psychosocial support services, as well as wellness checks. The poster may be shown towards the end of events and programs for as long as the country is suffering from COVID-19 pandemic.
6. All numbers, both Mental Health Helplines and COVID-19 Emergency Hotlines, shall be updated every March and October of the year since the issuance of the memorandum.

7. For more information, please contact the Disaster Risk Reduction and Management Service, Department of Education Central Office, DepEd Complex, Meralco Avenue, Pasig City through email at drmo+mhpss@deped.gov.ph or telephone numbers (02) 8637-4933.

8. Immediate dissemination of this Memorandum is desired.


LEONOR MAGTOLIS BRIONES
Secretary

Encl.:
As stated

Reference:
DepEd Order No. (14, s. 2020)

To be indicated in the Perpetual Index
under the following subjects

BUREAUS AND OFFICES
EMPLOYEES
HEALTH

OFFICIALS
PROGRAMS





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DEPED-OSEC-449529



EMERGENCY HOTLINES AND HELPLINES

NATIONWIDE

Circle of Hope
Community
Services, Inc.
For healthcare
workers

0917 882 2324
0908 891 5850
0925 557 0888

Sign-up at
bit.ly/5CBreak

COVID-19 Mental
health Responders
from The Masters
Psychological
Services

facebook.com/
theMastersPsych/
photos/a.1783242525
300758/2353920514
899620/?type=3&th
eater

Hopeline PH
24/7 Free &
Anonymous Crisis
Hotline

(02) 8804 4673
0917 558 4673
0918 873 4673

Globe/TM toll-free
2019

Smart
09498898138

The 700 Club Asia
Praying &
counselling
services via chat &
Skype

Sun
0943 706 7633
0943 145 4815

Globe
0917 836 1531

02 8737 0700
1-800-1-1888-8700

Skype
the700clubasia

NCR

Amang Rodriguez
Memorial Medical Center (02) 89481263
Bayanin at Makati Med 0932-410-3377
(Crisis Hotline) (Viber)
DLSU Dasmariñas Center 0935 751 9227
for Applied Psychology 0919 499 8381
East Avenue Medical 0915 259 2144
Center Wellness Center
Grey Matters Psychological 0917 709 6961
Consultancy Inc. Philippines 0997 561 8778
(02) 8893 7603
In-Touch Crisis Line 0917 800 1123
0922 893 8944
Living Free Foundation (02) 8046 1611 loc. 4012
0917 322 7907
MAGIS Creative
Spaces, Inc. 0927 950 5745
Grey Matters Psychological 0917 709 6961
Consultancy Inc. Philippines 0997 561 8778
Manila Lifeline (02) 896 9191
Centre (MLC) 0917 854 9191
Mood Harmony (02) 8844 2941
National Mental Health 0922 8899 7827
Crisis Hotline 0966 351 4518
0917 899 7827
0908 639 2672
PGH Psychiatry and Behavioral 02) 8554 8400 loc.
Medicine Department 2436/2440
(02) 8554-8847
(02) 8526-0150
(02) 8554-8469

DEPED COVID-19 HOTLINES: LUZON

Region 1

0998 583 5732
(072) 682 2324 loc 119

Region 2

0917 504 7971
0817 322 3622
0995 921 8508
(078) 304 3855

Region 3

(045) 598 8580

CALABARZON

(02) 8682 5773

MIMAROPA

(02) 8637 2895

Region 5

0999 682 4775
0920 925 8833

NCR

0977 827 8112
(02) 8929 4348
loc 805/806

CAR

(074) 822 1318

Other Helplines are available; you may check facebook.com/DepEdDRRMS for other listings

DEPED COVID-19 HOTLINES: VISAYAS

Region 6

0907 707 5264
0949 751 2078

Region 7

0917 632 3511

Region 8

0917 304 6180
(053) 323 3156

DEPED COVID-19 HOTLINES: MINDANAO

Region 9

0998 280 8852
0919 352 9158
0998 528 8045

Region 10

0917 713 0173
0917 145 7957
0917 159 9994
0917 544 7992
0926 568 0095

Region 11

0917 720 1674
0929 498 5400
0917 985 8589
0975 950 3781
(082) 291 1665
(082) 224 0748

Region 12

(083) 228 1893
(083) 228 8825

CARAGA

0945 237 8066
(085) 342 8207
0917 720 1674

BARMM

0996 301 8777
0936 339 5221