



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

Division Advisory No. 283, s. 2022
(September 29, 2022)

In compliance with DepEd Order (DO) No. 8. s. 2013)
this advisory is issued not for endorsement per DO 28, s,2001, but only for the
information of DepEd SDO Capiz officials, personnel/ staff, as well as the concerned
public.

(Visit www.depedcapiz.ph)

Attached is the letter of invitation from the **University of the Philippines (UP)**
regarding partnership on **Mental Health Month 2022**.

Participation to the above-mentioned activity is voluntary and must adhere with
DepEd Order No. 66, s. 2017 titled *“Implementing Guidelines on the Conduct of Off-Campus
Activities”* and DepEd Order No. 9, s. 2005 titled *“Instituting Measures to Increase Engaged
Time-On-Task and Ensuring Compliance Therewith”*.

For questions and concerns, please contact:

Name or Office: **Phylcia Ianna C. Abary**

Contact Details: (+63) 9175863807 / externals@upmhm.com



Address: Banica, Roxas City
Contact Number: (036) 620 2371
Email Address: capiz@deped.gov.ph

[FOLLOW UP] UP MHM 2022 Partnership Invitation for DepEd Offices

1 message

UP Mental Health Month <externals@upmhm.com>
Bcc: capiz@deped.gov.ph

Tue, Sep 27, 2022 at 3:20 PM

Greetings!

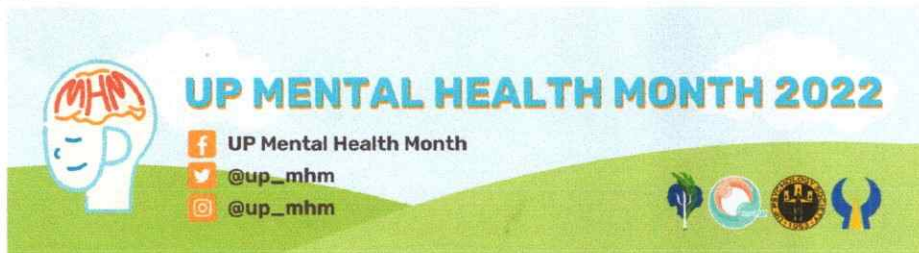
We would like to follow up on your response to our invitation to be part of the **UP Mental Health Month 2022** as one of our **partners**. Partnership files such as the event primer with partnership packages and the official letter of invitation are attached again below for your perusal. We are willing to negotiate our terms to make sure that this partnership would be feasible for you. Please also let us know if there's anything you would like to request from us out of this partnership.

We have moved our deadline for partnerships on **September 30, 2022, Friday**, and we hope to hear from you by then.


If you have any questions or concerns or would like to have a discussion with us, do not hesitate to inform us by replying to this email thread or contact us through the information listed below.

In advocacy,

Phylicia Ianna C. Abary
0917 586 3807
Public Relations and Partnerships Committee
UP Mental Health Month 2022



2 attachments

-  **Official Letter for Offices.pdf**
240K
-  **General Primer.pdf**
2301K



UNIVERSITY OF THE PHILIPPINES **UP MENTAL HEALTH MONTH 2022**

Core Team

OVERALL HEADS

Francine Rae Lacap
Enrico Emmanuel Lacson
Noellah Jeannica Macam
Teresa Angela Navarro
Andrea Nicole Sebolino
Lea Julianne Zarza

PROJECT HEADS

Hannah Christhea Aggabao
Leshiel Daling
Ethan Jed Espiritu
Maria Cherlyn Baniqued
Ellen Lynne Garcia
Rafael Benjamin Bernardino
Josephine Danielle Javier

CREATIVES

Christine Emiliane Baylosis
Aminah Amanie Macaan

PROMOTIONS

Deloni Datuin
Bianca Francesca Yatco

PR & PARTNERSHIPS

Phylicia Ianna Abary
Karen Buena
Glendale Anne Delos Santos

FINANCE

Rachel Denise Ng
Nicholas Enriquez

Warmest greetings!

This October, **UP Mental Health Month 2022** or **UP MHM 2022** will be launched. It is an annual, month-long celebration aiming to raise awareness about mental health and to combat the stigma surrounding it. The event is to be organized by **UP Bukluran sa Sikolohiyang Pilipino, UP Psychology Society, UP Psychological Understanding for Growth and Distinction Society, and COPE UP.**

For this year, our campaign entitled **"Ahon, Bangon: Tungo sa Bagong Panahon"** seeks to deliver a message of hope and empowerment to the people as we transition into the "new normal." Through its initiatives, the campaign aims to ground individuals with the strength that we have acquired from the past and the resilience that we gain from each other.

With this in mind, we respectfully ask for your endorsement and support for our campaign by **coursing through your organization the details of our events.** In return, your organization's logo will be placed on our major publication materials and you shall be acknowledged during our live events.

Attached to this email is the UP MHM 2022 Primer, detailing the specifics of the project as well as our partnership proposal. The packages included in the document are negotiable upon your organizations' discretion. For further inquiries and/or confirmation, please do not hesitate to reach us through this email or the contact information listed below.

We hope to hear from you on or before **September 26, 2022.**

The UP MHM team looks forward to working with you through this month-long initiative.



UNIVERSITY OF THE PHILIPPINES UP MENTAL HEALTH MONTH 2022

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FINANCE

Rachel Denise Ng
Nicholas Enriquez

In advocacy,

Phylicia Ianna C. Abary
Public Relations and Partnerships Head
UP Mental Health Month 2022

Karen N. Buena
Public Relations and Partnerships Head
UP Mental Health Month 2022

Glendale Anne M. Delos Santos
Public Relations and Partnerships Head
UP Mental Health Month 2022

Andrea Nicole R. Sebolino
UP MHM 2022 Overall Head

Noellah Jeannica R. Macam
UP MHM 2022 Overall Head

Enrico Emmanuel E. Lacson
UP MHM 2022 Overall Head

Teresa Angela L. Navarro
UP MHM 2022 Overall Head

Lea Julianne B. Zarza
UP MHM 2022 Overall Head

Francine Rae V. Lacap
UP MHM 2022 Overall Head



UP MENTAL HEALTH MONTH 2022

Ahon, Bangon



Who We Are

The first ever UP Mental Health Month was held in 2015, spearheaded by a group of passionate individuals who sought to advocate for the betterment and well-being of its constituents. With mental health at the forefront of their mission, they had successfully engaged the community in various activities that inspired a movement towards a greater awareness of its significance. This initiative has continued to grow throughout the years, flourishing under the care of a team spread throughout various organizations in the university. Now, it has become an annual event where all are united by the goal of enriching the lives of those around them through mental health and psychosocial support for all.

As the transition to the new normal has finally reached its peak and face-to-face classes and interactions have returned, new challenges have risen. The UP Mental Health Month 2022 Team – with individuals from the UP Buklod-Isip, UP Psychology Society, UP PUGAD Sayk, and COPE UP – faces these hurdles head-on by zealously leading a well-rounded initiative that is timely, relevant, and aims to service the UP Diliman community as well as those beyond it. By igniting the discussion, the team hopes to promote mental health and bring it closer to its audience, encompassing politics, culture, and society in the Philippines.

We proudly present UP Mental Health Month 2022 (UP MHM 2022).



What We Do

Throughout the past few years, the significance of mental health has been emphasized. The pandemic has highlighted the various issues surrounding the reality of present society, one that can only be addressed through the power of its people. With no other choice than to be thrown into the deep end, the masses were left scrambling to navigate the new normal while balancing their mental health.

With blended learning now being implemented, we are again faced with a new adjustment period that must be overcome. With the theme "Ahon, Bangon: Tungo sa Bagong Panahon," UP MHM 2022 aims to ground individuals with the strength that we have acquired from the past and the resilience that we gain from each other. Through its initiatives, the campaign seeks to deliver a message of hope and empowerment to the people as we transition into the "new normal."



Project Set A (Self)

ILAW SA DAAN
Pagsilay sa Sariling Kakayahan bilang Instrumento ng Pag-aalaga sa Iba
A Series of Workshops on Various Self-Care Activities

October 9, 2021
via Zoom & Facebook live

Sign up at:
tinyurl.com/ilawSaDaanRegForm
until Oct. 8, Friday, 11:59 PM

BEVERAGE-MAKING 9:30-10:45AM w/ Rosalio "Res" Juan Coffee Specialist and Owner of Commune Cafe	JOURNALING 2:00PM - 3:15PM w/ Tracie Baqueriza Life Skills Trainer and Women Building Facilitator	PHYSICAL ACTIVITY 4:00PM - 5:15PM w/ Deborah Alwang Teacher at UP Manila & a former Olympic Athlete and Co-founder of Blue Archive
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Co-presented by: ESC, KAPUSAPAN, STAND UP, etc.
In Partnership with: etc.
In cooperation with: etc.
Also brought to you by: etc.
Special thanks to: etc.

Project Set B (Others)

bestienasyon
Tungo sa Pagiging Mabuting Karamay

OCT 16 | 2-4 PM

via ZOOM

Sign up at: bit.ly/bestienasyon-signup

SPEAKER
Mr. Rolando Delos Reyes II, MAED RCC
Guidance Services Specialist
Office of Counseling and Guidance, UP Diliman

bring your besties!
and learn about your support together!

GET A CHANCE TO WIN AND GET UP MINI MERCH VOOCHEERS

CERTIFICATES for Participants

Co-presented by: ESC, KAPUSAPAN, STAND UP, etc.
In partnership with: etc.
In cooperation with: etc.
Also brought to you by: etc.
Special thanks to: etc.

SILAKBAY

UP Mental Health Month 2021

Tayó Tayó

Pagtataguyod ng Sinunap at Kalipunang Pangkaisipang Kalusugan

Nais mo ba maghanap ng propesyonal na tulong para sa pangangalaga ng iyong pangkaisipang kalusugan?

Hindi kailangang maging mahirap ang pagsimula mo, kaya kaibay mo ang UP MHM 2021 sa paghanap ng ilang mga mapakinabangang psychological and psychosocial services sa bansa sa pamamagitan ng link sa ibaba

<https://tinyurl.com/UPMHM2021Database>

Special thanks to: ESC, KAPUSAPAN, STAND UP, etc.
In partnership with: etc.
In cooperation with: etc.
Also brought to you by: etc.
Special thanks to: etc.

Project Set C (Community)

Lilakbay
MANONG, PARA!

Hanggang sa muli!

Co-presented by: ESC, KAPUSAPAN, STAND UP, etc.
In partnership with: etc.
In cooperation with: etc.
Also brought to you by: etc.
Special thanks to: etc.

Project Set D (Society)

Events

F2F Na?! Comic Series

A 4-part Comic Series documenting the day in the life of the UP MHM Barkada (Pabs, Chichi, Nico, and Maya) as they face different challenges (establishing healthy boundaries, transitional stress, social anxiety, etc.) with the gradual transition to F2F classes.

So Sinong Mag-aadjust? Tayong Lahat Mars!

So Sinong Mag-aadjust? Tayong Lahat Mars! is a workshop on how the UP Diliman community can deal with transitional stress, including challenges that are most experienced during this phase. It will feature two guest speakers that will teach participants how they can deal with these problems and that their feelings about them are valid.

PsychHelp Database

The PsychHelp Database project includes a step-by-step guide on how to reach out during a mental health crisis, a mental health first aid manual, and available resources to access in the case of transitional stress and emotional management. The inclusion of PsycServ in the roster of projects also aims to update the depository for Mental Health Assistance Database that is open to all UP constituents.



Events

Kwentong UP

Kwentong UP is an online anonymous depository of concerns which aims to acknowledge that having negative feelings for the transition to F2F is okay, but with the help of being in it together and demanding for a better system to work in, we can persevere. It serves to recognize mental health on a macroscale and its manifestation in society.

Salindaw

Putting UP MHM 2022's message into words, song, and visual representation, Salindaw is a song accompanied by a semi-animated music video that encapsulates the campaign's main message, as well as reflects the journey of UP students both during the pandemic and the current transition period.

Hawak, Kaway

The culminating video serves as a synthesis of all events that have occurred during MHM 2022. Collages and montages of the campaign's events will be shown alongside the MHM 2022 song's lyrics to reinforce the theme, as well as to tie together the campaign's projects, storyline, and message.



1.1k

followers on Instagram

970+

followers on Twitter

9.6k

likes on Facebook

Our Reach in Numbers

A growing number of 50
members and volunteers
every year

Various mental health
based campaigns and
projects every October

60+ partners and sponsors

4 organizations

Follow us on



UP Mental Health Month



@up_mhm



@up_mhm

Connect with us

up.nmhmonth@gmail.com