



Republic of the Philippines  
**Department of Education**  
Region VI – Western Visayas  
**SCHOOLS DIVISION OF CAPIZ**

25 FEB 2026

**DIVISION MEMORANDUM**

No. **104** s. 2026

**DIVISION-WIDE DIGITAL MENTAL WELLNESS CAMPAIGN  
AKAP: EMBRACE OF THE MIND, GUIDANCE AND STRENGTH FOR THE YOUTH**

To: Assistant Schools Division Superintendent  
OIC-Chief Education Supervisors  
Education Program Supervisors  
Public Schools District Supervisors  
Heads of Public Elementary, Secondary and Integrated Schools  
District SELG Coordinators  
All Others Concerned

1. Attached is the Approved Activity Proposal of the Capiz Division Federation SSLG Officers and Youth Formation Unit titled **Division-Wide Digital Wellness Campaign AKAP: Embrace of the Mind, Guidance and Strength for the Youth on March 5, 2026, 9:00 A.M. to 11:30 A.M.** via **MS Teams**.
2. The participants of the said activity will be the SELG, SSLG, YES-O, BKD officers and teacher-advisers and learners.
3. Attached are the Approved Activity Proposal, Technical Working Group and Program Flow as Enclosures No. 1, 2 & 3 respectively.
4. This Memorandum shall serve as the Authority to Travel for all aforementioned Technical Working Group.
5. For questions and clarifications, please contact **Ms. Yzarda Claudette D. Ballera** & **Ms. Jhean Mae Grace Lingco**, Project Development Officer I – Youth Formation Section, through 09817252244/09451231621.
6. Immediate dissemination of and compliance with this Memorandum are desired.

**ROEL F. BERMEJO**  
Schools Division Superintendent

Encl.: As stated

Reference:

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

SCHOOLS      LEARNERS      YOUTH FORMATION



Address: Banica, Roxas City  
Contact Number: (036) 6518 456 / 0968 869 5867  
Email Address: [capiz@deped.gov.ph](mailto:capiz@deped.gov.ph)  
Website: <http://depedcapiz.ph>



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Enclosure No. 1 to SDM 104, s. 2026

**TECHNICAL WORKING GROUP**

1. Yzarda Claudette D. Ballera – PDO 1 – YF
2. Jhean Mae Grace Lingco - PDO 1 – YF
3. Emie Mateo – PDO 1
4. Danessa Mae A. Dator – PDO 1
5. Christal Fe V. Dollete – PDO 1
6. Jason B. Portada – PDO 1
7. Faith Angel Louise F. Alvarez – CDFSSLG President
8. Ysay Grace T. Banico – CDFSSLG Vice President
1. Clydd Jenner Generoso – CDFSSLG Secretary
2. Janine Marie C. Alayon – CDFSSLG Treasurer
3. Steven Kyle D. Dordas – CDFSSLG Auditor
1. Andrea Nicole C. Galla – CDFSSLG PIO
2. John Rey L. Ajeno – CDFSSLG PO



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Enclosure No. 2 to SDM 104, s. 2026

**PROGRAM**

**PART I:**

- I. Preliminaries
  - a. Prayer
  - b. Philippine National Anthem
  - c. Capiz Hymn
  - d. DepEd Quality Policy Statement
  
- II. Opening Remarks  
**Luz U. Banson EdD, CESE**  
Assistant Schools Division Superintendent
  
- III. Inspirational Message  
**Roel F. Bermejo**  
Schools Division Superintendent
  
- IV. Introduction of Resource Speakers
  
- V. Session Proper
  
- VI. Closing Remarks  
**Edna B. Azcarraga, PhD**  
Education Program Supervisor  
OIC – Chief SGOD  
Inducting Officer



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**ACTIVITY PROPOSAL**

**REGION : VI – WESTERN VISAYAS**

**DIVISION : CAPIZ**

<b>PROJECT/ACTIVITY TITLE:</b>	<b>Division-Wide Digital Mental Wellness Campaign</b> AKAP: Embrace of the Mind, Guidance and Strength for the Youth
<b>TARGET PARTICIPANTS AND NUMBER OF PARTICIPANTS:</b> <i>(Describe the qualification of the participants and how to select them)</i>	<ul style="list-style-type: none"><li>• SSLG Officers</li><li>• YES-O Officers</li><li>• BKD Officers</li><li>• Learners (Elementary, Secondary &amp; Integrated Schools)</li></ul>
<b>PROPOSED DATE AND VENUE:</b>	March 5, 2026 Via Microsoft Teams
<b>FUNDING ALLOCATION:</b> <i>(Total Budgetary Requirements)</i>	
<b>RESPONSIBLE PERSON:</b>	<b>Yzarda Claudette D. Ballera</b> Project Development Officer 1 Youth Formation Coordinator  <b>Jhean Mae Grace Lingco</b> Project Development Officer 1 Youth Formation Coordinator  <b>Officers and Teacher-Advisers</b> Capiz Division Federation of Supreme Secondary Learner Government (CDFSSLG)

**I. RATIONALE**

The youth today experience increasing challenges that negatively affect their mental, emotional, and social well-being. Academic pressure, social expectations, digital exposure, and personal struggles contribute to the gradual degradation of overall wellness among learners. These realities call for proactive, inclusive, and youth-led initiatives that promote mental health awareness and holistic well-being.

Student leadership plays a vital role in fostering safe spaces, advocating mental wellness, and encouraging peer support within school communities. In response to the growing need for mental health awareness and a deeper understanding of its complexities, the Division Federation of Supreme Secondary Learner Government (DFSSLG) proposes the conduct of a **Division-Wide Digital Mental Wellness Campaign--- AKAP: Embrace of the Mind, Guidance and Strength for the Youth.**

The campaign aims to gather student leaders from various secondary schools across the

Division of Capiz to foster collaboration, strengthen leadership competencies, and deepen awareness of social responsibility, environmental stewardship, mental well-being, and ethical leadership. Anchored on the core value, Makatao, the activity will serve as a platform for learning, engagement, and unity among young leaders through digital and interactive approaches.

**II. OBJECTIVES**

- Provide a platform for student leaders from secondary schools across the Division of Capiz to enhance their leadership skills, teamwork, and decision-making abilities through collaborative and values-oriented activities.
- Promote youth empowerment, mental wellness awareness, civic responsibility, and participatory governance through interactive digital sessions, discussions, and workshops that cultivate service-driven and socially responsible leaders.
- Strengthen collaboration, camaraderie, and networking among student leaders, school advisers, and partner organizations, fostering a cohesive and supportive leadership community within the division.

**III. METHODOLOGY**

- The activity will be done virtually via MS Teams.

**IV. EXPECTED OUTPUT OF THE ACTIVITY**

- Learners demonstrate improved awareness of mental health and practical coping strategies.
- Learners apply healthy digital habits and maintain online balance.
- Learners develop peer support and advocacy skills for mental wellness.
- Learners reflect on personal growth and set actionable goals for their mental well-being.

**V. ENCLOSURES**

**A. PLENARY TALK**

TOPIC	PURPOSE	SPEAKER	TIME ALLOTTED
Recognizing Stress and Anxiety	Help students recognize common mental health issues (stress, anxiety, burnout) and know when and how to seek help.	<i>Speaker 1</i>	45 mins – 1 hour
Coping Strategies for Mental Health	Teach practical techniques such as time management, journaling, deep breathing, and relaxation exercises that learner can apply daily.	<i>Speaker 1</i>	45 mins – 1 hour




Digital Balance and Healthy Online Habits	Guide learners on managing screen time, reducing social media stress, and using digital tools responsibly to protect mental health.	<i>Speaker 2</i>	45 mins
Building Support Networks and Seeking Help	Equip learners with skills to ask for support, communicate emotions, and connect with trusted peers, teachers, or counselors when needed.	<i>Speaker 1</i>	30 mins – 45 mins

## B. CONCLUSION

The **Digital Mental Wellness Campaign** aims to empower secondary students to take control of their mental well-being in a digital environment. Through interactive activities, peer collaboration, and practical guidance, students will gain actionable skills, self-awareness, and confidence to manage stress, regulate emotions, and maintain balance online. This campaign not only addresses the immediate need for mental wellness education but also fosters a culture of support, resilience, and proactive care within the student community, ensuring that mental health remains a priority in their academic and personal lives.

Prepared by:

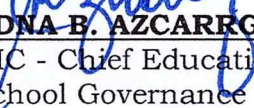
  
**FAITH ANGEL LOUISE F. ALVAREZ**  
 President, CDFSSLG

Reviewed and checked by:

  
**YZARDA CLAUDETTE D. BALLERA**  
 Project Development Officer 1- YFC

  
**JHEAN MAE GRACE LINGCO**  
 Project Development Officer 1-YFC

Recommending Approval:

  
**EDNA B. AZCARRAGA, PhD**  
 OIC - Chief Education Supervisor  
 School Governance and Operations Division

Approved by:

  
**ROEL F. BERMEJO**  
 Schools Division Superintendent