



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

09 OCT 2026

DIVISION MEMORANDUM

No. **483** s. 2026

WORLD MENTAL HEALTH DAY AND MENTAL HEALTH WEEK OBSERVANCES 2026

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

1. In reference to Regional Memorandum No. 744, s. 2026 titled **Learners Support Observances for SY 2026–2027**, this Office, through the School Governance and Operations Division – School Health and Nutrition Unit (SGOD-SHNU), requests all public elementary, integrated and secondary schools to support the conduct of activities in line with the observance of **World Mental Health Day on October 10, 2026**, and **National Mental Health Week on October 12–16, 2026**.

2. The observances aim to:

- a. raise awareness on the importance of mental health;
- b. strengthens school-based support systems through learner centered activities; and
- c. fosters a sense of community and shared responsibility for mental wellness.

3. Consistent with the DepEd Order No. 9, s. 2026 titled **Guidelines on the Implementation of the Three-Term School Calendar in Basic Education**, commemoration of learner's support observances in schools during the instructional block shall primarily be through integration in regular teaching and learning process. Such activities may include, but are not limited to the following:

- a. Pep talks or similar activities during flag ceremonies;
- a. Mental health literacy sessions (e.g., classroom integration, home room guidance;
- b. Art for wellness (e.g., poster making, journaling, spoken poetry, zumba for teaching and non-teaching personnel, hataw galaw dance for learners)
- c. Mindful movement activities (e.g., stretching, breathing exercises);
- d. Mental Health Corners;
- e. Conduct of HEEADSS (Home. Education/Employment, Eating and Exercise, Activities, Drugs/Substances, Sex, Suicide and Safety);
- f. Mental Health Talks/ Symposium; and



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- g. Distribution of printed related mental health Information Education Communication (IEC) Materials.
4. A soft copy of the duly signed Narrative Report, complete with Means of Verification (MOVs) such as photos, attendance sheets, and reflections, shall be submitted on or before October 31, 2026, through this link: <https://tinyurl.com/SDOCapizmentalhealth>.
5. For inquiries and clarifications, please coordinate with **Ms. Candelaria P. Talabucon**, Division School Mental Health Program Focal Person of the School Health and Nutrition Unit (SGOD-SHNU), via email at **candelaria.talabucon@deped.gov.ph** or through mobile number **09398047910**.
6. Immediate dissemination of and compliance with this Memorandum are desired.

ROEL F. BERMEJO
Schools Division Superintendent

Enclosure: None

Reference: Regional Memorandum No. 744 s. 2026

To be indicated in the Perpetual Index under the following subjects

HEALTH PROGRAM



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