



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF ANGELES CITY

16 Sept 2026

DIVISION MEMORANDUM

No. 364, s. 2026

**CONDUCT OF ACTIVITIES IN OBSERVANCE OF SUICIDE PREVENTION
AWARENESS MONTH – SEPTEMBER 2026**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
Heads of Public Elementary and Secondary Schools
All Others Concerned

1. Pursuant to Republic Act No. 12080, otherwise known as the Basic Education Mental Health and Well-Being Promotion Act, and DepEd Order No. 28, s. 2018, all public elementary and secondary schools are encouraged to conduct activities in observance of Suicide Prevention Awareness Month this September 2026, including World Suicide Prevention Day on September 10. The observance aims to promote mental health awareness, suicide prevention, and appropriate help-seeking, guided by the IASP 2024–2026 theme, “Changing the Narrative: Start the Conversation.”

2. The observance aims to:

- 2.1 increase awareness among learners, teaching and non-teaching personnel, parents, and other stakeholders on mental health and suicide prevention;
- 2.2 promote a safe and supportive school environment where learners and personnel feel comfortable seeking help and discussing emotional and mental health concerns; and
- 2.3 identify individuals who may be at risk of self-harm or suicide and facilitate appropriate referral and support services.

3. The following activities are recommended for the observance of Suicide Prevention Awareness Month:

- **Wellness and Mental Health Promotion Activities.** Schools may conduct “Kumusta Ka?” check-ins, mindfulness sessions, art-based activities, journaling, peer support, and other age-appropriate activities that promote emotional well-being, resilience, connectedness, and healthy help-seeking behaviors.
- **Partnerships and Referral Support.** Schools are encouraged to strengthen collaboration with parents and guardians, Local Government Units (LGUs), health professionals, and other community partners to enhance mental health



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF ANGELES CITY

support, establish clear referral pathways, and facilitate appropriate assistance for learners and personnel who may require further intervention.

- Information and Awareness Drive. Schools shall post and disseminate mental health and suicide prevention advocacy materials, including crisis hotline numbers and referral information, through school bulletin boards, classrooms, official social media pages, and other appropriate communication platforms.
4. Schools are likewise encouraged to disseminate the National Center for Mental Health (NCMH) Crisis Hotlines, which provides 24/7 crisis support to individuals experiencing mental health concerns, emotional distress, or thoughts of suicide:

1553 – Nationwide Crisis Hotline
0917-899-8726 – Mobile Hotline
0966-351-4518 – Mobile Hotline
0908-639-2672 – Mobile Hotline

5. Schools shall ensure that all activities are age-appropriate, culturally sensitive, and implemented in a safe, inclusive, and supportive environment. Schools shall also submit an accomplishment report to the School Health and Nutrition Unit (SHNU) within one (1) week after the conduct of the activities.

6. Immediate and wide dissemination of and strict compliance with this Memorandum are earnestly desired.

Digitally signed by
Edgard C.
Domingo
Date: 2026.09.16
16:22:29 +0800

ENGR. EDGARD C. DOMINGO PhD, CESO V
Schools Division Superintendent *edw*

Encl.: NONE

References: RA 12080 DO 28, s. 2018

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

HEALTH AWARENESS

MENTAL HEALTH

SHNU/JDungca/Sep16,2026