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

19 OCT 2026

DIVISION MEMORANDUM
No. 402 , s. 2026

OBSERVANCE OF MENTAL HEALTH MONTH – OCTOBER 2026

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

OBSERVANCE OF MENTAL HEALTH MONTH – OCTOBER 2026

1. Pursuant to DepEd Memorandum No. 077, s. 2025, entitled *"Implementing Rules and Regulations of Republic Act No. 12080,"* otherwise known as the *Basic Education Mental Health and Well-Being Promotion Act*, all public elementary and secondary schools in the Schools Division Office of Angeles City are encouraged to observe **Mental Health Month** in October 2026 in support of the School-Based Mental Health Program.

2. With the theme **"LAKAS ISIP: A Movement for Mental Health and Well-Being,"** all functional division offices/units and schools are encouraged to conduct meaningful, inclusive, and age-appropriate activities that promote mental health awareness and well-being.

3. The observance aims to:

3.1. Promote mental health awareness and emotional well-being through appropriate information and advocacy activities;

3.2. Foster safe, supportive, and non-judgmental environments where learners and personnel can express their feelings and seek help without fear; and

3.3. Strengthen support systems by facilitating access to School Counselor Associates, peer support groups, and appropriate referral services.

4. In line with these objectives, all functional division offices/units and schools are encouraged to conduct the following activities **on October 26–28, 2026**:

Day 1 – October 26, 2026
Activity: A Pledge of Support for Mental Health

During the flag ceremony, all division and school personnel shall participate in a Mental Health Commitment Pledge, affirming their commitment to

promoting understanding, respect, empathy, kindness, and support for colleagues experiencing emotional difficulties.

Day 2 – October 27, 2026
Activity: Emotions Wall

Each division functional office/unit and school shall establish an Emotions Wall where personnel may voluntarily post an image, drawing, or word representing their emotions for the day. This activity aims to promote emotional awareness and healthy self-expression while fostering empathy, understanding, and respect for individual feelings.

Day 3 – October 28, 2026 | 3:00–3:30 p.m.
Activity: "Kumustahan" Check-in

All division and school personnel shall participate in a brief group *Kumustahan* session to promote emotional well-being, strengthen workplace relationships, and encourage mutual support. Sharing of experiences and feelings shall be voluntary, with due respect for privacy, confidentiality, and personal boundaries.

5. In addition, schools are encouraged to conduct school-wide or classroom-based mental health activities throughout October, as appropriate, including:

a. **Mental Health Promotion** – Mindfulness exercises, breathing activities, journaling, art activities, gratitude walls, and relaxation sessions;

b. **"Kumusta Ka?" Check-ins** – Regular emotional check-ins that encourage learners and personnel to express their feelings;

c. **Buddy System** – Activities that promote mutual care, kindness, encouragement, and support;

d. **Self-Care and Healthy Coping Campaigns** – Activities promoting adequate rest, physical activity, balanced nutrition, relaxation, and responsible digital device use;

e. **Random Acts of Kindness** – Simple acts of helping, sharing, and showing concern for others;

f. **Resilience-Building Activities** – Activities that develop healthy coping skills and emotional regulation;

g. **Family Engagement and Parent Education** – Orientations and information sessions on children's emotional needs and the signs of emotional distress; and

h. **Personnel Wellness Sessions** – Stress management, wellness, and sharing sessions for school and division personnel.

5. All activities shall be age-appropriate, culturally sensitive, and conducted in a safe, inclusive, and supportive environment. Schools shall 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 this Memorandum and compliance with its provisions are hereby enjoined.

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Digitally signed by Edgard C. Domingo
Date: 2026.10.19 14:17:41 +08'00'

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

References: *Republic Act No. 12080,* DM No. 077, s. 2025

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

MENTAL HEALTH PERSONNEL

DIVISION SCHOOL

SGOD/SHN-Nurse-JDungca/Oct 19,2026