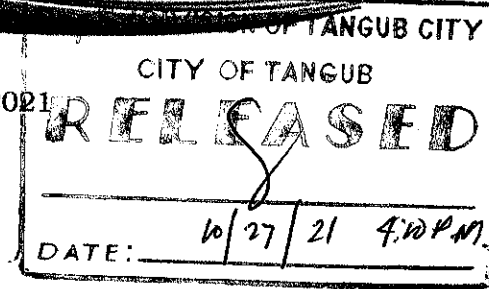




REPUBLIC OF THE PHILIPPINES
Department of Education
REGION X - NORTHERN MINDANAO
DIVISION OF TANGUB CITY

October 27, 2021


DIVISION MEMORANDUM
No. 307, s. 2021



DISSEMINATION OF DEPED MEMORANDUM NO. 074, S. 2021
(INCLUSION AND PROMOTION OF MENTAL HEALTH IN
ALL DEPED EVENTS AND PROGRAMS)

To : Chief Education Supervisors (CID and SGOD)
District In-Charge
Elementary and Secondary School Heads
Elementary and Secondary School DRRM Coordinators
This Division

1. As per DepEd Order No. 14, s. 2020 entitled "Guidance on the Required Health Standards in Basic Education Offices and Schools" which prioritizes the promotion and protection of mental health and general welfare of its personnel and learners, this office disseminates DepEd Memorandum No. 74, s. 2021 titled "Inclusion and Promotion of Mental Health in All DepEd Events and Programs," for information and reference of all concerned.
2. See attached DepEd Memorandum No. 074, s. 2021 for your reference.
3. Wide dissemination of this Memorandum is desired.


AGUSTINES E. CEPE, CESO V
Schools Division Superintendent





Republic of the Philippines
Department of Education

26 OCT 2021

DepEd MEMORANDUM
No. **074**, s. 2021

**INCLUSION AND PROMOTION OF MENTAL HEALTH
IN ALL DEPED EVENTS AND PROGRAMS**

To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. The COVID-19 pandemic has posed unprecedented challenges to the education sector.
2. The rising number of cases and presence of community transmissions have not only hampered physical classes, but also brought about mental and psychological distress to the learners and personnel of the Department of Education (DepEd) and its stakeholders.
3. DepEd prioritizes the promotion and protection of the mental health and general welfare of its personnel and learners, especially in this time of crisis. DepEd Order No. 14, s. 2020 titled **Guidance on the Required Health Standards in Basic Education Offices and Schools** highlights this priority through the provision of Mental Health and Psychosocial Support Services (MHPSS) to improve and strengthen the mental resilience of all learners and DepEd personnel.
4. The provision of MHPSS entails access to different helplines for mental health. In this regard, all DepEd offices are instructed to include and promote the enclosed poster provided by the Disaster Risk Reduction and Management Service (DRRMS) in all events and programs.
5. As the pandemic continues to challenge the populace, the enclosed poster containing the helplines from different organizations will provide learners and DepEd personnel different ways to seek help and persons to contact in times of mental and psychological distress. These organizations may provide mental health and psychosocial support services, as well as wellness checks. The poster may be shown towards the end of events and programs for as long as the country is suffering from COVID-19 pandemic.
6. All numbers, both Mental Health Helplines and COVID-19 Emergency Hotlines, shall be updated every March and October of the year since the issuance of the memorandum.

7. For more information, please contact the Disaster Risk Reduction and Management Service, Department of Education Central Office, DepEd Complex, Meralco Avenue, Pasig City through email at drmo+mhpss@deped.gov.ph or telephone numbers (02) 8637-4933.
8. Immediate dissemination of this Memorandum is desired.


LEONOR MAGTOLIS BRIONES
Secretary

Encl.:
As stated

Reference:
DepEd Order No. (14, s. 2020)



To be indicated in the Perpetual Index
under the following subjects

BUREAUS AND OFFICES
EMPLOYEES
HEALTH

OFFICIALS
PROGRAMS



EMERGENCY HOTLINES AND HELPLINES

NATIONWIDE

Circle of Hope Community Services, Inc. For Healthcare Workers

0917 841 1124
0908 861 5850
0925 557 0888

COVID-19 Mental Health Response from The Mindful Psychological Services

(02) 8804 4673
0917 559 4675
0918 875 4673

Hadaling 24/7 Fire & Arson/Police Crisis Hotline

09499090118

The 700 Club A&S Praying & Counseling Services via Chat & Skype

02 8717 0700
1-800-1-1888-8700
Skype: the700clubasia



Start-up at NCTV/SCRPAS

(02) 8804 4673
0917 559 4675
0918 875 4673

(Facebook.com/ TheMindfulPsycho/ @hadaling_247fire&arson/ 800/38/225-8820/ 898620779) or 1-877-877-8777

Skype: 09499090118

Skype: 02 8717 0700

DEPED COVID-19 HOTLINES: LUZON

Region 1

0899 503 7732
0721 882 1124 loc. 119

Region 2

0917 534 7971
0917 322 4852
0791 304 1855

Region 3

(045) 598 8180

CALABARZON

(02) 8692 5771

MINDANAO

(02) 8697 2885

Region 5

0999 681 4775
0920 925 5833

MCR

0977 627 6112
091 8529 4344
loc. 803/850

CAR

(074) 432 1318

DEPED COVID-19 HOTLINES: VISAYAS

Region 6

0907 707 5264
0949 751 2078

Region 7

0917 632 1511

Region 8

0917 504 6180
(035) 323 3156

DEPED COVID-19 HOTLINES: MINDANAO

Region 9

0998 280 8072
0919 352 9158
0998 528 8045

Region 10

0917 713 0773
0917 145 7957
0917 138 8994
0917 544 7852
0926 566 0085

Region 11

0917 720 1674
0929 498 5400
0917 985 8586
0975 920 3781
0921 291 1665
0921 224 0748

Region 12

0833 2281823
0631 228 8825

CARAGA

0945 217 8058
0851 142 6407
0917 720 1674

BARMM

0996 301 9777
0936 330 5221



Other Helplines are available. You may check [facebook.com/DepEdDRMs](https://www.facebook.com/DepEdDRMs) for other listings.