



Republic of the Philippines
Department of Education

REGION IV- A CALABARZON
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

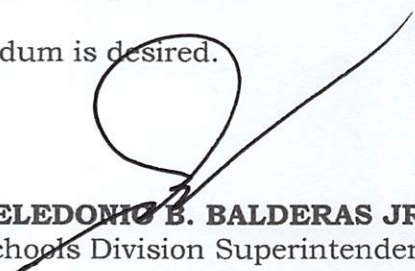
19 October 2026

DIVISION MEMORANDUM
No. **688** s. 2026

**OBSERVANCE OF THE NATIONAL MENTAL HEALTH WEEK AND WORLD
MENTAL HEALTH DAY**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Heads, Public Elementary and Secondary Schools
Heads, Unit/Section
All Others Concerned

1. Pursuant to **Republic Act 11036 (Mental Health Act)** and **Republic Act 12080 (Basic Education Mental Health and Well-Being Promotion Act)**, the Department of Education (DepEd) implements the school-based Mental Health Program (SMHP) to pursue strategies for mental health promotion in basic education, among others.
2. This aims to Integrate strategies promoting mental health in educational institutions, workplace, and in the communities; develop and establish a comprehensive, integrated, effective, and efficient, national mental health care system responsive to the psychiatric, neurologic, and psychosocial needs of the Filipino people
3. All schools are enjoined to conduct school-based activities throughout October 2026 in observance of the following mental health celebrations:
 1. World Mental Health Day 2026, with the theme "Lived Experiences Heard: Real Voices, Real Change."
 2. National Mental Health Week Celebration, scheduled for October 5-10, 2026.
4. Schools are encouraged to organize appropriate activities that promote mental health awareness, encourage open conversations, reduce stigma, and strengthen support for the mental well-being of learners and school personnel.
5. Immediate dissemination of this Memorandum is desired.


CELEDONIO B. BALDERAS JR.
Schools Division Superintendent

Encl.: None

Reference: RA 11036 (Mental Health Act)

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

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AND WORLDS MENTAL HEALTH DAY**

SGOD- Observance of the national mental health Week and world Mental Health Day
IM82R-000580/ October 19,2026