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Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF VIGAN CITY

Office of the Schools Division Superintendent

Division Memorandum
No. 792, s. 2025

OBSERVANCE AND CELEBRATION OF THE 2025 MENTAL HEALTH MONTH

TO: Assistant Schools Division Superintendent
Chief Education Supervisor-SGOD & CID
School Heads of Elementary, Secondary and Integrated School
All Others Concerned

1. Pursuant to Regional Memorandum No. 1338, s. 2025, titled "*Observance and Celebration of the 2025 Mental Health Month*," and consistent with OM-OUGOPS 2025-03-05776, and in line with the implementation of Republic Act No. 11036 or the *Mental Health Act*, and DepEd Memorandum No. 077, s. 2025, on the Implementing Rules and Regulations (IRR) of R.A. 12080 or the *Basic Education Mental Health and Well-being Promotion Act*, the Department of Education Schools Division Office of Vigan City enjoins schools to actively participate in the commemoration, observance, and celebration of the 2025 Mental Health Month, which is held every October.
2. This year's global theme includes "Access to Service-Mental Health in Catastrophes and Emergencies". The observance of the National Mental Health Month recognized nationally and internationally on the following key awareness events:
 - a. October 10- World Mental Health Day, as declared by the World Health Organization (WHO);
 - b. Second Week of October (October 6-12, 2025)- National Mental Health Week as declared under Proclamation No. 452 s. 1994.
3. The National Mental Health Month-Long Celebration for the year 2025 activity aims to promote awareness and understanding of mental health and well-being among learners, teachers, and personnel, encourage schools to implement initiatives that foster positive and supportive mental health environments and highlight the collective responsibility of the education community in promoting mental well-being and reducing stigma related to mental health.
4. Anent this, all schools and offices are enjoined to participate in the nationwide celebration by planning and undertaking activities aligned with the theme. Suggested activities include, but are not limited to, the following:
 - a. **Flag-Raising Programs** to launch Mental Health Month;
 - b. **#HearAndHereWithU2025 Social Media Initiative** – schools are encouraged to utilize their respective social media platforms to promote messages aligned with this year's WMHD theme;



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REGION I
SCHOOLS DIVISION OF VIGAN CITY

- c. **Display Picture (DP) Blast** – school personnel and learners are invited to pledge their support by updating their Facebook profile pictures to promote suicide prevention and mental health awareness;
- d. **Cut-out Display Frame Stand / “Tarapael”** – printable picture stands that may be displayed on school premises throughout October;
- e. **Online Posting** – when posting about the observance, the following hashtags are encouraged:

General Hashtags	#MentallyHealtyDeped2025 #OplanKalusuganSaDepEd2025 #HearAndHereWithU2025
WMHD Specific	#World mental health Day2025 #WMHD2025

f. **“Save the Hotlines”** – schools are encouraged to print and display both national and local mental health crisis hotline numbers in school premises to raise awareness that trained responders are readily available to help learners in need;

g. **Ribbon Day** – all school personnel and learners are encouraged to wear green ribbons on October 10, 2025, in support of World Mental Health Day.

5. Materials to be used for the observance, including the format for the DP blast and for the tarapael, are uploaded and accessed at https://bit.ly/DepEd_SMHP_2025-Observances

6. Additional mental health information materials that can support the activities mentioned above are available on the **Lusog-Isip website**, accessible at: <https://lusogisip.deped.gov.ph>

5. Schools are requested to submit relevant documentation of their Mental Health Month celebration **on or before October 31, 2025**, to be uploaded at the following link: <https://tinyurl.com/WMHDCelebration2025>

7. Attached is a copy of the Regional and Central Office Memoranda for your reference.

8. Immediate dissemination of this memorandum is desired



VILMA D. EDA, CESO V
Schools Division Superintendent



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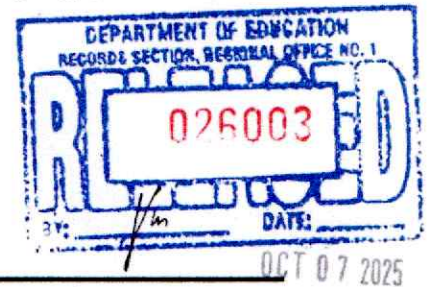
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Republic of the Philippines
Department of Education
REGION I



REGIONAL MEMORANDUM

No. 1338 s. 2025

OBSERVANCE AND CELEBRATION OF THE 2025 MENTAL HEALTH MONTH

To: Schools Division Superintendents
Division School Health Personnel
All Others Concerned

1. Pursuant to **OM-UGOPS-2025-03-05776** and in line with the implementation of **Republic Act No. 11036** or the Mental Health Act and **DepEd Memorandum No. 077, s. 2025** on the Implementing Rules and Regulations (IRR) of **R.A. 12080** or the Basic Education Mental Health and Well-Being Promotion Act, this Office enjoins all Schools Division Offices (SDOs) and schools to actively participate in the commemoration, observance, and celebration of the *2025 Mental Health Month*.

Attached is the **OM-UGOPS-2025-03-05776**, which provides detailed guidelines, participant information, and travel advisories for reference.

2. The month-long celebration aims to:

- Promote awareness and understanding of mental health and well-being among learners, teachers, and personnel;
- Encourage schools to implement initiatives that foster positive and supportive mental health environments; and
- Highlight the collective responsibility of the education community in promoting mental well-being and reducing stigma related to mental health.

3. The observance of the National Mental Health Month includes the following key awareness events recognized nationally and internationally:

a. **October 10 – World Mental Health Day**, as declared by the **World Health Organization (WHO)**, with the 2025 global theme:

“Access to Services – Mental Health in Catastrophes and Emergencies.”

This year's theme underscores the importance of ensuring equitable access to quality mental health care and psychosocial support, particularly during disasters, crises, and emergencies that impact learners, teachers, and communities.



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b. **Second Week of October (October 6–12, 2025) – National Mental Health Week**, as declared under **Proclamation No. 452, s. 1994**, which encourages all institutions to promote mental health awareness and preventive interventions at the community level.

These observances serve as focal points for advocacy campaigns, awareness drives, and school- and division-led wellness activities.

4. By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and well-being of the learners. Recommended activities for the observance are:

- a. **Curricular and co-curricular activities**, including promotion initiatives during flag ceremonies and classroom activities for socialization. In flag ceremonies and in classroom activities for socialization, as applicable, schools are invited to include simple initiatives to increase awareness about the observances. These initiatives may be prayers for mental health, and socialization activities during classroom breaks or before or after classes such as encouraging notes, journaling, or encouraging random acts of kindness.
- b. **#HearAndHereWithU2025 social media initiatives**. Offices and schools are invited to maximize their respective social media platforms in promoting messages related to this year's WMHD theme.
- c. **Display Picture (DP) blast**. To officially commemorate this year's mental health observances, BLSS-SHD invites school personnel and learners to pledge support in promoting suicide prevention and promoting mental health awareness through a Facebook DP blast. (See **Annex A** of the attached memorandum OM-OUGOPS-2025-03-05776 for the template and guidelines.)
- d. **Cut-out Display Frame Stand/“Tarpapel”**. A printable picture stand that can be displayed on the school premises is also provided. This initiative will be displayed throughout the month of October. (See **Annex B** of the attached memorandum OM-OUGOPS-2025-03-05776 for the template and guidelines.)
- e. Those posting online on the observance are encouraged to use the hashtags:

General Hashtags	#MentallyHealthyDepEd2025
	#OplanKalusuganSaDepEd2025
	#HearAndHereWithU2025
WMHD-specific	#WorldMentalHealthDay2025
	#WMHD2025

f. **“Save the Hotlines”**. Schools are invited to **print and display nationwide and local mental health crisis hotlines/help lines in school premises**. This is to increase learners' awareness that trained mental health crisis responders are readily available to help them. Nationwide Crisis Hotlines may include:

Organization	Hotline
National Center for Mental 24/7	Nationwide Landline – 1553
	Smart/TNT 0919-057-1553
	Globe/TM 0917-899-8727
	0966-351-4518

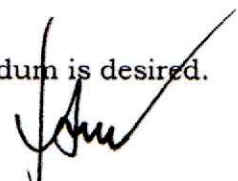
Crisis Line by InTouch 24/7	0928-893-7603 0919-056-0709 0922-893-8944
Natasha Goulbourn Foundation	(02) 8804 4673 0917-872-5514
DSWD -WiSupport 8am-5pm Monday to Friday	Text hotline: "DSWD (space) WiSUPPORT (space) Name/Sex/Age/Region/Message or Concern" to 0918-912-2813.
DepEd Central Office – Learner Telesafe Contact Center Helpline (LTCCH) 8am-5pm Monday to Friday	Landline: #33733 (02) 8632-1372 Mobile: 09451759777

g. **Ribbon Day.** School personnel and learners are encouraged to wear green ribbons on **October 10, 2025**, to show support for the celebration of WMHD.

5. Materials to be used for the observance, including the format for the DP blast and for the tarapael, will be uploaded and may be accessed at [https://bit.ly/DepEd SMHP 2025-Observances](https://bit.ly/DepEd_SMHP_2025-Observances)
6. **More mental health information materials** that can be used for the conduct of the abovementioned activities can also be accessed through the **Lusog-Isip Website**, accessible through **lusogisip.deped.gov.ph**. The website provides free resources and courses related to mental health well-being and psychosocial support.
7. **Expenses for the activities related to the observances may be charged to the program support funds for SMHP and other Learner Support Programs or local funds.** ROs and SDOs are requested to augment funds in cases of deficiencies and shortages. These shall be subject to the usual accounting and auditing rules and regulations.
8. The following mechanisms are set to monitor participation in the observance:
 - a. **Learner support activities** may be captured in the existing reporting mechanisms for the BLSS–SHD's School Mental Health Program.
 - b. **Ideas, initiatives, or insights** related to the observance (e.g., activities to promote positive school climate) may also be submitted through email at **schoolmentalhealth@deped.gov.ph**.
9. All mental health promotion activities or initiatives shall ensure that schools are in compliance with the **no-disruption of classes policy** stipulated in **DepEd Order (DO) No. 9, s. 2005** titled *Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith* and the *Guidelines on off-campus activities* stated in **DO No. 66, s. 2017**.
10. For more information, please contact **Julia Andrea Aguila**, Technical Assistant II or **Mary Grace Florentino**, Technical Assistant II, BLSS–SHD, through

email at schoolmentalhealth@deped.gov.ph; cc: blss.shd@deped.gov.ph, or at telephone number (02) 8632-1368 / 8633-7213.

11. Immediate and wide dissemination of this Memorandum is desired.


TOLENTINO G. AQUINO
Director IV

Encl: As stated

Reference: OM-OUGOPS-2025-03-05776, Proclamation No. 452, s. 1994; R.A. 11036; R.A. 12080; DM No. 077, s. 2025

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

CELEBRATIONS AND FESTIVALS
COMMUNICATIONS
HEALTH EDUCATION
INCLUSIVE EDUCATION

ESSD/SQC/gda/RM_ObservanceAndCelebrationOf2025MentalHealthMonth
October 6, 2025





Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2025-03-05776

TO : ALL REGIONAL DIRECTORS AND BARMM EDUCATION MINISTER
ALL SCHOOLS DIVISION SUPERINTENDENTS
ALL OTHERS CONCERNED

FROM : MALCOLM S. GARMA
Undersecretary



SUBJECT : COMMEMORATION OF SCHOOL-BASED MENTAL HEALTH
OBSERVANCES 2025

DATE : September 16, 2025

Pursuant to Republic Act 11036 or the *Mental Health Act* and Republic Act 12080 or the *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. In line with this, this Office, through the Bureau of Learner Support Services – School Health Division (BLSS-SHD), **encourages Regional Offices (ROs), Schools Division Offices (SDOs) and schools to lead/conduct school-based activities throughout the whole month of October, as practicable, to commemorate the following observances:**

- **World Suicide Prevention Day (WSPD)**, celebrated on September 10, 2025. The International Association for Suicide Prevention (IASP) has provided “**Changing the Narrative on Suicide**” as the triennial WSPD theme for 2024-2026.
- **World Mental Health Day (WMHD)**, celebrated on October 10, 2025. As announced by the World Federation for Mental Health, this year’s theme is “**Access to Services: Mental Health in Catastrophes and Disasters.**”

By joining the observances, DepEd brings together stakeholders and enjoins them to take part in ensuring the mental health and wellbeing of the learners. Recommended activities for the observance are:

1. **Curricular and co-curricular activities¹, including promotion initiatives during flag ceremonies and classroom activities for socialization.** In flag ceremonies and in classroom activities for socialization, as applicable, schools

¹Per DepEd Order No. 25, s. 2025 or the *Multiyear Implementing Guidelines on the School Calendar and Activities*, co-curricular activities shall be conducted on class days, preferably after school hours. However, schools have the flexibility to reduce the standard time allotment for each learning area by up to ten (10) minutes once every two weeks to conduct co-curricular activities. Further, the DO provides that celebrations and observances... may be integrated into curricular activities, provided they are deemed reasonable and appropriate, reinforce the attainment of target learning competencies, and do not compromise the total number of class days.

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Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2025-03-05776

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ALL OTHERS CONCERNED**

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are invited to include simple initiatives to increase awareness about the observances. These initiatives may be prayers for mental health, and socialization activities during classroom breaks or before or after classes such as encouraging notes, journaling, or encouraging random acts of kindness.

2. **#HearAndHereWithU2025 social media initiatives.** Offices and schools are invited to maximize their respective social media platforms in promoting messages related to this year's WMHD theme.

- a. **Display Picture (DP) blast.** To officially commemorate this year's mental health observances, BLSS-SHD invites school personnel and learners to pledge support in promoting suicide prevention and promoting mental health awareness through a Facebook DP blast. Refer to **Annex A for the DP blast captions.**
- b. **Cut-out Display Frame Stand/ "Tarpapel".** A printable picture stand that can be displayed on the school premises is also provided. This initiative will be displayed throughout the **month of October.** Refer to **Annex B** for the cut-out display picture stand guidelines.
- c. Those posting online on the observance are encouraged to use the hashtags:

General Hashtags	#MentallyHealthyDepEd2025
	#OplanKalusuganSaDepEd2025
	#HearAndHereWithU2025
WSPD-specific	#ChangeTheNarrative2025 #WSPD2025
WMHD-specific	#WorldMentalHealthDay2025 #WMHD2025

3. **"Save the Hotlines."** Schools are invited to **print and display nationwide and local mental health crisis hotlines/ helplines in school premises.** This is to increase learners' awareness that trained mental health crisis responders are readily available to help them. **Nationwide Crisis Hotlines may include:**

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The following mechanisms are set to monitor participation in the observance:

1. Learner support activities may be captured in the existing reporting mechanisms for the BLSS-SHD's School Mental Health Program.
2. Ideas, initiatives, or insights related to the observance (e.g., activities to promote positive school climate) may also be submitted through email at schoolmentalhealth@deped.gov.ph

All mental health promotion activities or initiatives shall ensure that schools are in compliance with the **no-disruption of classes policy** stipulated in DepEd Order (DO) No. 9, s. 2005 titled *Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith* and the policy on off-campus activities stated in DO 66 s. 2017.

For more information, please contact **Julia Andrea Aguila**, Technical Assistant II or **Mary Grace Florentino**, Technical Assistant II, BLSS-SHD, through email at schoolmentalhealth@deped.gov.ph cc: blss.shd@deped.gov.ph, or at telephone number (02) 8632-1368 / 8633-7213.

[BLSS-SHD/ MGDF]

ANNEX A.

Display Picture Caption

1. On this World Mental Health Day, I **[Name]** from **[SDO or School]**, stand in solidarity with those who are struggling. By fostering compassion and understanding, I am **#HearAndHereWithU** to listen and support without judgement.

#MentallyHealthyDepEd2025

#OplanKalusuganSaDepEd2025

#WorldMentalHealthDay2025

#DepEd4NMHW2025

ANNEX B

Guide for Printing and Use of the Cut-out Display Frame Stand/ "Tarpapel"

1. Material Size

- The stand should be printed in a layout of **5 A4 sheets (width) × 4 A4 sheets (height)**, equivalent to about **105 cm × 84 cm**.
- Use sturdy backing (e.g., illustration board, corrugated board, foam board, or tarpaulin) to make it durable and easy to stand upright.

2. Location

- Place the picture stand in a visible area such as the school lobby, entrance, or near bulletin boards.
- Ensure it does not block walkways, exits, or emergency routes.

3. Accessibility

- Position the stand at a height that is comfortable for learners and guests to use for photos.
- Make sure it is stable and safe to avoid accidents.

4. Promotion

- Encourage learners, teachers, and visitors to take photos using the picture stand.
- Remind users to treat the display with care.

5. Social Media Sharing

- Photos taken with the picture stand may be shared on school or personal social media accounts, following guidelines on social media use and on data privacy (e.g., as those provided in OM-OUOPS-2024-05-03942 titled *Guidance on Posting Learners' Images or Data on Social Media*).
- Use the official hashtags provided for the campaign.

6. Duration

The cut-out display stand should be available and maintained throughout **October**.

7. Sample Print-Out



*Please note that the **black and white printed format is for sample use only**.

Cut-out display link: https://bit.ly/DepEd_SMHP_2025-Observances



Republic of the Philippines
Department of Education
BUREAU OF LEARNER SUPPORT SERVICES

OFFICE OF THE DIRECTOR

MEMORANDUM

FOR : **MALCOLM S. GARMA**
Undersecretary for Governance and Operations

THRU : **GEORGINA ANN H. YANG**
Assistant Secretary for Operations

FROM : **Dr. MIGUEL ANGELO S. MANTARING**
Director IV

SUBJECT : **COMPLETE STAFF WORK FOR THE SIGNING OF THE VARIOUS DOCUMENTS RELATIVE TO THE COMMEMORATION OF THE SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025**

DATE : September 16, 2025

I. BACKGROUND INFORMATION

The Department of Education (DepEd) is committed to promoting and protecting the mental health and well-being of learners by fulfilling its mandates under **R.A. 11036** or the *Mental Health Act* and **R.A. 12080** or the *Basic Education Mental Health and Wellbeing Promotion Act*. To ensure the relevance of the Department of Education's mental health initiatives pursuant to existing mandates, the Bureau of Learner Support Services – School Health Division (BLSS-SHD) has drafted the **DepEd Memorandum on the Commemoration of the School-Based Mental Health Observances 2025**. This initiative aims to enhance learners' awareness and advocacy in addressing mental health stigma, promote help-seeking behaviors, and foster a sense of solidarity with individuals experiencing mental health challenges by affirming that they are not alone and that the school community is committed to supporting them throughout their mental health journey.

II. LEGAL BASIS/REFERENCES

- a. **R.A. 11036**, or the *Mental Health Act*
- b. **R.A. 12080**, or the *Basic Education Mental Health and Wellbeing Promotion Act*

III. OBJECTIVES

- a. To commemorate the significant school-based mental health observances;

D4300



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Republic of the Philippines
Department of Education
BUREAU OF LEARNER SUPPORT SERVICES

OFFICE OF THE DIRECTOR

MEMORANDUM

FOR :

MALCOLM S. GARMA

Undersecretary for Governance and Operations

THRU :

GEORGINA ANN H. YANG

Assistant Secretary for Operations

FROM :

Dr. MIGUEL ANGULO S. MANTARING

Director IV

SUBJECT :

COMPLETE STAFF WORK FOR THE SIGNING OF THE VARIOUS
DOCUMENTS RELATIVE TO THE COMMEMORATION OF THE
SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025

DATE :

September 16, 2025

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II. LEGAL BASIS/REFERENCES

- a. R.A. 11036, or the *Mental Health Act*
- b. R.A. 12080, or the *Basic Education Mental Health and Wellbeing Promotion Act*

III. OBJECTIVES

- a. To commemorate the significant school-based mental health observances;

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- b. To increase and promote mental health awareness and well-being of the school community by taking part of the recommended activities and local initiatives of the school; and
- c. To increase the help-seeking behaviors of learners by providing accessible psychosocial support services such as posting of mental health crisis response hotlines for proper referral to mental health professionals and suicide prevention.

IV. EXPECTED OUTPUTS

- a. Signed memoranda; and
- b. Compliance with **R.A 11036** or the *Mental Health Act*, chapter VII, section 34 (c) states to ensure the mental health promotion and well-being of private and public educational institutions.

V. AVAILABILITY OF FUNDS

No funds are involved in the signing of the attached memoranda and letters. Activities related to the conduct of the promotional activities shall be charged to **PSF funds or Local funds** subject to usual accounting and auditing procedures

VI. POTENTIAL BENEFIT/CHALLENGE

Once the memoranda are released, schools through the instruction of their respective SDOs are expected to commemorate the school-based mental health observances by ensuring the facilitation of the recommended activities.

VII. CLEAR STATEMENT OF REQUEST/RECOMMENDED ACTION

This Office respectfully seeks the vetting and approval of the following documents:

- Annex A - OUGOPS Memorandum to the field, "School-Based Mental Health Observances 2025"**
- Annex B - OSFC Clearance, "Request for clearance relative to the issuance of memorandum to conduct the commemoration of school-based mental health observances 2025"**

- ☒ Approved
- ☐ Disapproved
- ☐ Further Comments/Remarks

[BLS-SHD/JAA]



Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2025-03-05776

FOR : **ATTY. FATIMA LIPP D. PANONTONGAN**
Undersecretary and Chief of Staff
Office of the Secretary

OK
PETER IRVING C. CORVERA

OK - A
Office of Sec. Trygve L. Olivera

FROM : **MALCOLM S. GARMA**
Undersecretary



SUBJECT : **REQUEST FOR CLEARANCE RELATIVE TO THE ISSUANCE
OF MEMORANDUM TO CONDUCT THE COMMEMORATION OF
SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025**

DATE : September 16, 2025

The Department of Education (DepEd) is committed to promoting and protecting the mental health and well-being of learners by fulfilling its mandates under **R.A. 11036** or the *Mental Health Act* and **R.A. 12080** or the *Basic Education Mental Health and Wellbeing Promotion Act*. To ensure the relevance of the Department of Education's mental health initiatives pursuant to existing mandates, the Bureau of Learner Support Services – School Health Division (BLSS-SHD), respectfully transmits for clearance and approval of the documents relative to the commemoration of the School-Based Mental Health Observances 2025.

The memorandum commemorates the significant school-based mental health observances and increase the promotion of mental-health awareness and well-being of the school community by taking part of the recommended activities and local initiatives.

Should you have further questions or require additional information, you may contact the BLSS-SHD through email at blss.shd@deped.gov.ph or telephone number (02) 8632-9935. For the Undersecretary's consideration and approval.

Approved
Disapproved
Further Comments/Remarks

04323



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Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2025-03-05776

FOR : ATTY. FATIMA LIPP D. PANONTONGAN
Undersecretary and Chief of Staff
Office of the Secretary

FROM : MALCOLM S. GARMA
Undersecretary

**SUBJECT : REQUEST FOR CLEARANCE RELATIVE TO THE ISSUANCE
OF MEMORANDUM TO CONDUCT THE COMMEMORATION OF
SCHOOL-BASED MENTAL HEALTH OBSERVANCES 2025**

DATE : September 16, 2025

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Approved

Disapproved

Further Comments/Remarks

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