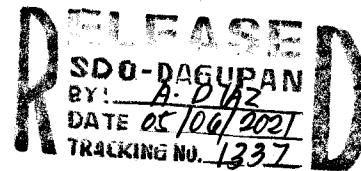





Republic of the Philippines  
**Department of Education**  
REGION I  
SCHOOLS DIVISION OF DAGUPAN CITY



Office of the Schools Division Superintendent

Division Memorandum No. 109, 2021

MEMO TO : All DepEd Personnel

FROM :   
AGUEDO C. FERNANDEZ, CESO VI  
OIC, Schools Division Superintendent

SUBJECT : INVITATION TO ENJOIN PERSONNEL IN THE ONLINE  
MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT  
SERVICE (MHPSS) ACTIVITY

DATE : May 06, 2021

1. As part of its response to the COVID-19 pandemic last 2020, the Office of the Undersecretary for Administration (OUA), through the Disaster Risk Reduction and Management Service (DRRMS) in partnership with the Psychological Association of the Philippines (PAP), has conducted online learning activities to provide Mental Health and Psychosocial Support to learners, personnel and parents. This includes various topics related to positive coping mechanisms to combat stress and other challenges to a person's mental health brought upon by the COVID-19 pandemic.
2. A year after, the country has experienced another unprecedented surge of cases, causes heightened fear and anxiety to many. The Department of Education (DepEd) personnel are not exempted from this. While the number of cases are rising, The Department's mandate towards learning continuity remains. In these challenging times when aside from the physical threat, the mental health of the people are also affected, the Disaster Risk Reduction and Management Service (DRMMS) will conduct an online Mental Health and Psychosocial Support Service (MHPSS) activities for DepEd personnel.
3. As the pandemic continues to challenge the populace, DRRMS will continue its MHPSS program for Personnel. The program is renamed **TAYO NAMAN! Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon** in partnership with Globe Telecom, MAGIS Creative Spaces, Philippine Mental Health Association (PMHA), and Unilab Foundation.
4. TAYO Naman! Will include:
  1. **Online In-depth Session Support Group** which will be conducted **every Wednesday, after work hours from 5:30 to 8:00 PM** (tentative) with selected personnel to facilitate the deepening of the discussion on mental wellness (please see Annex A for more information on the online support group).
  2. **Live Sessions** on the discussion of various topics on mental health which will be conducted **every Friday at 8:30 to 10:00 AM** via **DepEd Philippines Facebook** page livestream (please see Annex B for tentative topics of the TAYO Naman! Live sessions and Annex C for the tentative program).
5. Personnel are invited to join in the online in-depth sessions which will commence on May 19,



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Email Address: dagupan.city@deped.gov.ph



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## Department of Education

REGION I

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### Office of the Schools Division Superintendent

2021 and the live sessions which start on May 21, 2021. Moreover, everyone is invited to join the TAYO Naman! Facebook Group (<http://bit.ly/TAYONamanFB>) for regular updates on the activities and self-care contents.

6. For questions or clarifications, you may contact Mrs. Elvira Nicolas-Villamor of the Schools Division Office (SDO) through DRRM @ 075-615-2647 with e-mail address [elvira.villamor@deped.gov.ph](mailto:elvira.villamor@deped.gov.ph)
7. For information and guidance.



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## **ANNEX A. Online In-Depth Sessions**

The Online In-depth Sessions will be conducted every Wednesday at 5:30 PM to 8:00 PM starting on May 19, 2021. DepEd Personnel, either teaching or non-teaching who possess the following qualifications are encouraged to join:

- a. With Interest in advocating for Mental Health
- b. Willing to be part of a small group
- c. Have a quiet space in the house to participate in live sessions
- d. Have enough bandwidth to participate in online video calls
- e. Willing to attend two and a half -hour sessions every Wednesday

Interested participants are requested to register through this link:

**<http://bit.ly/TAYONamanSG1>**

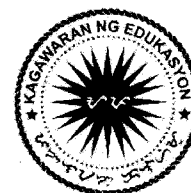
Please note that only a limited slot will be provided. Thus, selection would be on a first come, first served basis. The sign up sheet will be opened every session to give opportunity to more personnel to be part of the small group discussion. Sign-up for the first session will be open from **04 May 2021** to **10 May 2021**. The schedule for sign up for the next episodes will be posted online through the **TAYO Naman! Facebook Group (<http://bit.ly/TAYONamanFB>)**, which is open to all DepEd personnel.

The small breakout sessions will be conducted via Zoom and will remain private. DepEd DRRMS will create a safe space where personnel will be free to share their thoughts and emotions while deepening the discussion on mental wellness topics.



**ANNEX B. TAYO Naman! Live Sessions Tentative List of Topics**

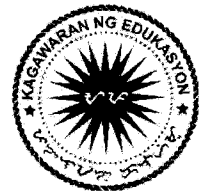
<b>Episode Number</b>	<b>Theme</b>	<b>Topics</b>
1	<b>Understanding My Well-Being</b>	Increasing Self-Awareness to Thrive and Excel in the New Normal
2		Understanding the Psychology of Emotions
3	<b>Examining My Inner Struggles in the Midst of Pandemic</b>	Dealing with Grief and Loss
4		Understanding and Managing Common Mental Disorders and other Psychosocial Concerns
5		Healing from Past Hurts and Traumas
6	<b>Enhancing my Well-Being</b>	Resilience through Positive Psychology: Emerging and Keeping up from Adversities
7		Practicing Mindfulness to Manage Stress
8		Promoting Digital Well-being
9	<b>Enriching my Relationship with Others</b>	Strengthening Family Relationships amidst the COVID-19 Pandemic
10		Connecting and Building Healthy Relationships with Co- Workers
11		Providing Empathy and Support in the Time of Physical Distancing
12	<b>Exploring My Spirituality</b>	Being One with the Nature
13		Nurturing Spirituality
14		Solace and Prayer



**ANNEX C. TAYO NAMAN! Live Sessions Tentative Program**

<b>Schedule</b>	<b>Activity</b>	<b>Speaker</b>
Every Friday, 8:30-10:00 AM	Introduction	Host
	Physical Activity/Exercise	Host Division
	Foreword	DepEd Officials and Partners' Representatives
	Speaker Discussion	Expert Speaker
	Panel Discussion	Panelist and Facilitator *
	Synthesis	Speaker
	Final Remarks	DepEd Officials and Partners' Representatives

\*From host division



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