



DepEd SDO Dagupan City
RECORDS OFFICE

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

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Office of the Schools Division
Superintendent

September 30, 2024

DIVISION MEMORANDUM

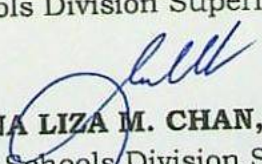
No.: 393, s. 2024

WORLD MENTAL HEALTH DAY CELEBRATION

To: Assistant Schools Division Superintendent
Chief Education Supervisors
All Education Program Supervisors
All Public School District Supervisors
All School Heads, Public and Private
All others concerned

1. In line with the National Mental Health Day Celebration featuring the global theme, *"It is Time to Prioritize Mental Health in the Workplace,"* all division office personnel are required to attend a short program about mental health care. This will be held at the Division Training Center on October 10, 2024, at exactly 3:30 p.m.
2. However, all public and private schools are encouraged to have their own way of celebrating the World Mental Health Day on the same date.
3. Everyone is encouraged to wear blue shirt/blouse in support to the *"Light Up Blue for Mental Health Campaign"* of Philippine Mental Health Association. Please see attached letter from the Philippine Mental Health Association, Pangasinan Chapter.
4. Reports on the conduct of activities may be submitted through email address: marina.festejo@deped.gov.ph on or before October 15, 2024.

ROWENA C. BANZON EdD, CESO V
Schools Division Superintendent


ANA LIZA M. CHAN, CESE
OIC-Assistant Schools Division Superintendent



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Philippine Mental Health Association

PANGASINAN CHAPTER

Arellano-Bani, Dagupan City (075) 523-5467 • 09198390773 • 09279311290
pmhadagupan@gmail.com

2023-2024 CHAPTER BOARD
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September 16, 2024

DR. ROWENA C. BANZON, CESO V
Schools Division Superintendent
DepEd Dagupan City Division
Dagupan City, Pangasinan

Dear Ma'am,

Greetings from the Philippine Mental Health Association, Inc. (PMHA)!

As we celebrate the National Mental Health Week from October 10 to 19 this year, we will again conduct programs in line with the World Mental Health Day global theme, this 2024: **"It is Time to Prioritize Mental Health in the Workplace"** as set by the World Federation of Mental Health. This year's campaign emphasizes the need to promote mental health in the workplace and develop best practices that foster environments where employees can flourish and their well-being is protected.

One of the highlights of this weeklong celebration is the **"Light Up Blue for Mental Health!"** Campaign. After a successful run for the last four years of its implementation, PMHA will again lead this campaign this coming **October 10**. We are using the color blue as it symbolizes peace, calm, and tranquility which are important concepts as we navigate the mental health challenges that individuals and our society collectively face. This initiative is also a way to encourage the support of people to the mental health advocacy and open discussions that will lessen, if not eradicate, the stigma about mental health.

Knowing your organization's dedication to promoting and protecting mental well-being, we would like to collaborate with your institution on this initiative.

We would like to invite you to join the following activities:

#LightUpBlueforMentalHealth - Year 5

Light up your facades blue on World Mental Health Day - **October 10, 2024 (Thursday), 7:00 PM- 8:00 PM**, which signifies your support for the promotion of the mental health and well-being of our fellow Filipinos

Option: Aside from your institution's facades, you can also light up other blue paraphernalia and/or encourage your stakeholders to wear something blue

Kindly send us photos and/or videos of the lighting and activities so we can compile them together with the other institutions that participated. In exchange, we will be featuring your institution's initiative in our social media accounts starting October 10. You may also tag us @PMHAofficial on social media and use the hashtags: #LightUpBlueforMentalHealth #WellBeingInTheWorkplace #NMHW2024 #WMHD2024 #PMHA

#On-the-Spot Poster-Making Contest

In participation of the LINK club schools and your chosen school who will represent the division. Each school or division will have two (2) representatives/ entries. The World Mental Health Day 2024 theme, **"It is Time to Prioritize Mental Health in the Workplace"** should be reflected on the posters.

As your reference, we have attached herewith the Contest Rules and Guidelines as well as the entry form. Kindly accomplish the enclosed forms and return it to PMHA on or before September 30, 2024 (Monday) for confirmation of your participation. As much as we believe in this endeavor, rest assured that these activities would develop and enhance the student's skills and abilities.

Together, let's give mental health in the workplace top priority and build a better future for everybody.

You may contact us at 09279311290/ (075) 523-5467, message us on our fb account: PMHA PANGASINAN or email us at pmhadagupan@pmha.org.ph

Most sincerely yours,

MR. MICHAEL C. ROMERO
Chapter Executive Manager

MRS. ERLY G. DATARIO
PMHA Chairman

Member: WORLD FEDERATION FOR MENTAL HEALTH