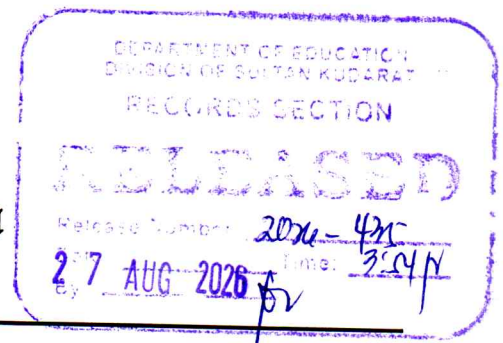




Republic of the Philippines
Department of Education
REGION XII
DIVISION OF SULTAN KUDARAT



August 24, 2026

DIVISION MEMORANDUM

SGOD-SHS No. **163** s. 2026

Nº .

OBSERVANCE OF THE 2026 WORLD SUICIDE PREVENTION MONTH

To: Assistant Schools Division Superintendent
Chiefs of the Functional Divisions
Public Schools District Supervisors/Principals In-Charge
Public Elementary and Secondary Schools Administrators
School Mental Health Coordinators
Guidance Advocates
This Division

1. In observance of the global World Suicide Prevention Month on September, this Office, through the School Health Section, enjoins the public and private schools to actively participate in the celebration of the World Suicide Prevention Day on September 10, 2026, with the theme, "Changing the Narrative on Suicide" with the call to action "Start the Conversation."
2. This observance emphasizes the importance of open, compassionate, and supportive conversations about suicide prevention and mental health promoting awareness, reduce stigma, encourage help-seeking, and strengthen support for learners and personnel experiencing emotional and mental health concerns.
3. In support of this advocacy, all schools are encouraged to participate and conduct appropriate activities such as:
 - a. Kamustahan Sessions / Check-in Activities – simple opportunities for learners and personnel to express how they are feeling and identify persons they can approach for support;
 - b. Guided Breathing and Relaxation Exercises – brief activities that promote calmness, emotional regulation, and stress management;
 - c. Gratitude Activities – activities that encourage learners and personnel to identify positive experiences, people, or things they appreciate;
 - d. Peer Support Activities – buddy or peer activities that promote listening, empathy, connection, and supportive relationships;
 - e. Anti-Bullying and Kindness Campaigns – activities such as a Kindness Wall, Compliment Board, or other initiatives promoting respect, inclusion, and compassion;
 - f. Anti-Bullying and Kindness Campaigns – activities such as a Kindness Wall, Compliment Board, or other initiatives promoting respect, inclusion, and compassion;

JANA/SGOD SHS/OBSERVANCE OF WORLD SUICIDE PREVENTION MONTH 2026/August 24,2026



Address: Kenram, Isulan, Sultan Kudarat
Telephone No.: (064) 471 1007
Website: <https://divisionsk.org>
Email: depedsk@deped.gov.ph



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- g. Mental Health Awareness Talks – age-appropriate discussions on mental health, coping strategies, help-seeking, and available sources of support; and
 - h. Movement and Energizer Activities – simple physical activities that promote positive mood, social connection, and overall well-being.
4. The foregoing activities are suggestions and are not intended to be limiting. Schools may design and implement other appropriate, meaningful, and age-sensitive activities based on their respective needs, available resources, and school context, provided that such activities support the objectives of said celebration.
5. The school Mental Health coordinator and Guidance Advocate, in coordination with the school head and other concerned school personnel, shall work together in planning and implementation of the activities.
6. The school Mental Health Coordinator shall be responsible for the preparation and submission of the Narrative Accomplishment Report and Means of Verification (MOVs) of the activities and shall be submitted through the following link on or before October 5, 2026: <https://11nk.dev/2m8ahyg>
7. For queries and clarifications, all concerned may contact **JERYL ARON N. AGNER**, Division Mental Health Coordinator at jerylaronagner@deped.gov.ph
8. For the information, guidance, and compliance of all concerned.

ROBERTO J. MONTERO, CESO V
Schools Division Superintendent

Encl: None

References: As Stated

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

OBSERVANCE

PREVENTION

SUICIDE

JANA/SGOD SHS/OBSERVANCE OF WORLD SUICIDE PREVENTION MONTH 2026/August 24,2026



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