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

DEPARTMENT OF EDUCATION
DIVISION OF SULTAN KUDARAT
RECORDS SECTION
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October 1, 2026

DIVISION MEMORANDUM
SGOD-SHS No. 204 s. 2026

OBSERVANCE OF THE 2026 NATIONAL MENTAL HEALTH MONTH CELEBRATION

To: Assistant Schools Division Superintendent
Chiefs of the Functional Divisions
Education Program Supervisors
Public Schools District Supervisors/Principals In-Charge
Public Elementary and Secondary School Heads
Guidance Counselor/Advocate
Concerned Personnel
This Division

1. Pursuant to Republic Act No. 11036, also known as the Mental Health Act of 2018, and in support of the Department of Education's commitment to safeguard and promote the mental health and well-being of learners and personnel, this Division joins the nation in the observance of the 2025 National Mental Health Month this October 2026 with the theme: *"Lived Experience Heard: Real Voices, Real Change"*.

2. The celebration aims to:

a. raise awareness on the importance of mental health and well-being among learners, teaching, and non-teaching personnel;
b. strengthen school-based mental health initiatives under the School Mental Health Program and Oplan Kalusugan sa DepEd (OK sa DepEd);
c. promote safe, supportive, and responsive school environments;
d. encourage self-care, resilience, and positive coping and appropriate help-seeking behaviors; and
e. strengthen awareness of available school-based mental health support.

3. Schools are enjoined to conduct simple, meaningful, and budget-free activities in observance of Mental Health Month. These are sample activities that schools may conduct:

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Day/Week	Suggested Activity	Description
Week 1	Mindful Monday	5–10 min guided breathing or mindfulness exercise in each class. Teachers can lead or play a free online meditation video.
Week 2	Gratitude and Positivity Board Tuesday	Learners and personnel may write a positive message, gratitude note, or encouraging thought and post it on a designated board or space.
Week 3	Wellness Walk Wednesday	Short walking activity around the school campus to promote physical activity and stress relief.
Week 4	Kamustahan and Peer Support Thursday	Facilitate a brief and voluntary sharing activity focused on positive coping, support systems, and ways of managing everyday stress.
Any day	Mental Health Awareness Drive	Post messages, quotes, and tips on mental health using bulletin boards or classroom walls; learners can contribute drawings or writings.
Any day	Silent Reflection / Journaling	5–10 min reflection or journaling time; no extra materials needed.

4. Additional initiatives that schools may implement include the following:

   a. Lesson Integration – Integrate age-appropriate mental health, emotional well-being, positive coping, and help-seeking messages in relevant lessons and school activities;
   b. Promotion during Flag Ceremonies and Other Activities– Include prayers for mental health, community singing, short messages in support of mental health, and promotion of mental health hotlines;
   c. Social Media Initiatives – Maximize their social media platforms to promote mental health messages, tips, and activities; and
   d. School-Based Wellness Activities – Conduct simple activities that promote connection, self-care, positive relationships, resilience, and a supportive school environment.

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5. Schools are encouraged to ensure that activities are conducted in a safe, inclusive, age-appropriate, and non-stigmatizing manner. Participation in sharing or disclosure activities should be voluntary.

6. Should there be any expenses incurred, these shall be minimal and chargeable against the school MOOE. However, it is emphasized that the aforementioned activities are designed to be conducted without the need for additional funding.

7. For the submission of the Activity Report, schools are requested to submit the required documents (photos, means of verification [MOVs], and/or narrative report) through this Google Drive link: https://me-l.co/y7292yhw on or before October 31, 2026.

8. For queries and clarifications, all concerned may contact Jeryl Aron N. Agner, RN, Division Mental Health Coordinator, at jerylaron.deped.gov.ph

9. For the information, guidance, and compliance of all concerned.

ROBERTO J. MONTERO, CESO V
Schools Division Superintendent

Encl/s.: None
References: Republic Act No. 11036
To be indicated in the Perpetual Index under the following subjects:

CELEBRATION **MENTAL HEALTH** **OBSERVANCE**

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