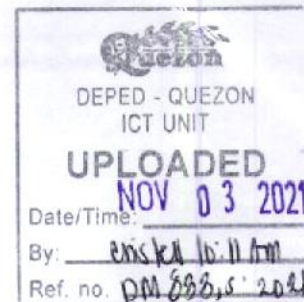




Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE



02 November 2021

DIVISION MEMORANDUM
DM No. 833, s. 2021

**INCLUSION AND PROMOTION OF MENTAL HEALTH IN ALL DEPED
EVENTS AND PROGRAMS**

To: OIC-Assistant Schools Division Superintendents
Division Chiefs
Section/ Unit Heads
Public Schools District Supervisors
Public and Private Elementary and Secondary School Heads
School Health Personnel
Disaster Risk Reduction and Management Service Officer
All Others Concerned

1. Attached hereto is DepEd Memorandum No. 074, s. 2021 entitled **Inclusion and Promotion of Mental Health in All DepEd Events and Programs** and the **Emergency Hotlines and Helplines** on mental health for your reference.
2. Immediate and widest dissemination of this Memorandum is earnestly desired.

ELIAS A. ALICAYA JR., EdD
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

shsmtma/11/02/2021

DEPEDQUEZON-TM-SDS-04-009-003



"Creating Possibilities, Inspiring Innovations"

Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Trunkline #: (042) 784-0366, (042) 784-0164, (042) 784-0391, (042) 784-0321
Email Address: quezon@deped.gov.ph
Website: www.depedquezon.com.ph



Republic of the Philippines
Department of Education

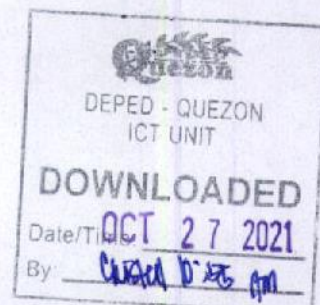


DepEd MEMORANDUM
No. **074**, s. 2021

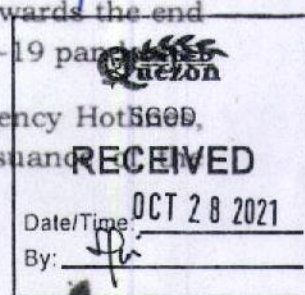
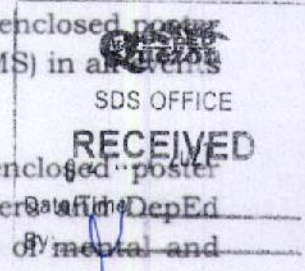
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**INCLUSION AND PROMOTION OF MENTAL HEALTH
IN ALL DEPED EVENTS AND PROGRAMS**

To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned



1. The COVID-19 pandemic has posed unprecedented challenges to the education sector.
2. The rising number of cases and presence of community transmissions have not only hampered physical classes, but also brought about mental and psychological distress to the learners and personnel of the Department of Education (DepEd) and its stakeholders.
3. DepEd prioritizes the promotion and protection of the mental health and general welfare of its personnel and learners, especially in this time of crisis. DepEd Order No. 14, s. 2020 titled **Guidance on the Required Health Standards in Basic Education Offices and Schools** highlights this priority through the provision of Mental Health and Psychosocial Support Services (MHPSS) to improve and strengthen the mental resilience of all learners and DepEd personnel.
4. The provision of MHPSS entails access to different helplines for mental health. In this regard, all DepEd offices are instructed to include and promote the enclosed poster provided by the Disaster Risk Reduction and Management Service (DRRMS) in all events and programs.
5. As the pandemic continues to challenge the populace, the enclosed poster containing the helplines from different organizations will provide learners and personnel different ways to seek help and persons to contact in times of mental and psychological distress. These organizations may provide mental health and psychosocial support services, as well as wellness checks. The poster may be shown towards the end of events and programs for as long as the country is suffering from COVID-19 pandemic.
6. All numbers, both Mental Health Helplines and COVID-19 Emergency Hotlines, shall be updated every March and October of the year since the issuance of this memorandum.



7. For more information, please contact the Disaster Risk Reduction and Management Service, Department of Education Central Office, DepEd Complex, Meralco Avenue, Pasig City through email at drmo+mhpss@deped.gov.ph or telephone numbers (02) 8637-4933.

8. Immediate dissemination of this Memorandum is desired.


LEONOR MAGTOLIS BRIONES
Secretary

Encl.:
As stated

Reference:
DepEd Order No. (14, s. 2020)

To be indicated in the Perpetual Index
under the following subjects

BUREAUS AND OFFICES
EMPLOYEES
HEALTH

OFFICIALS
PROGRAMS





To authenticate this document, please scan the QR code.



DEPED-OSEC-449029



EMERGENCY HOTLINES AND HELPLINES



NATIONWIDE

- Circle of Hope Community Services, Inc. For healthcare workers**
 0917 892 2524
 0908 891 5850
 0925 557 0888
 Sign-up at bit.ly/SCBreak
- COVID-19 Mental health Responders from The Masters Psychological Services**
facebook.com/themasterspsych/photos/a.1783242525300758/2353920514899620/?type=3&th_eater
- Hopeline PH 24/7 Free & Anonymous Crisis Hotline**
 (02) 8804 4673
 0917 558 4673
 0918 873 4673
 Globe/TM toll-free 2919
 Smart 09498896138
 Sun 0943 706 7633
 0943 145 4815
 Globe 0917 836 1531
 02 8737 0700
 1-800-1-1868-8700
 Skype the700clubasia
- The 700 Club Asia Praying & counselling services via chat & Skype**

NCR

- Amang Rodriguez Memorial Medical Center** (02) 89481263
- Bayaninon at Makati Med (Crisis Hotline) (Viber)** 0932-410-3377
- DLSU Dasmariñas Center for Applied Psychology** 0935 751 9227
- 0919 499 8381**
- East Avenue Medical Center Wellness Center** 0915 259 2144
- Grey Matters Psychological Consultancy Inc. Philippines** 0917 709 8961
- (02) 8893 7603**
- In-Touch Crisis Line** 0917 800 1123
- 0822 893 8944**
- Living Free Foundation (02) 8046 1611 loc. 4012** 0917 122 7867
- MAGIS Creative Spaces, Inc.** 0927 950 5745
- Grey Matters Psychological Consultancy Inc. Philippines** 0917 709 8961
- 0997 361 8778**
- Manila Lifeline Centre (MLC)** (02) 896 9191
- 0917 854 9191**
- Mood Harmony** (02) 8944 2941
- National Mental Health Crisis Hotline** (02) 8899 7827
- 0966 151 4518**
- 0917 899 7827**
- 0908 639 2672**
- PGW Psychiatry and Behavioral Medicine Department** (02) 8554 8400 loc. 2436/2440
- (02) 8554-8847**
- (02) 8526-0150**
- (02) 8564-8469**

DEPED COVID-19 HOTLINES: LUZON

- Region 1** 0998 583 5732
(072) 682 2324 loc 119
- Region 2** 0917 504 7871
0917 322 3622
0995 921 8506
(078) 304 3853
- Region 3** (045) 598 8580
- CALABARZON** (02) 8682 5723
- MIMAROPA** (02) 8637 2895
- Region 5** 0999 682 4775
0920 925 5833
- NCR** 0977 827 6112
(02) 8929 4348
loc 805/806
- CAR** (074) 422 1318

DEPED COVID-19 HOTLINES: VISAYAS

- Region 6** 0907 707 5264
0949 751 2078
- Region 7** 0917 632 3511
- Region 8** 0917 304 6180
(053) 323 3156

DEPED COVID-19 HOTLINES: MINDANAO

- Region 9** 0998 280 8852
0919 352 9158
0998 528 8045
- Region 10** 0917 713 0173
0917 145 7957
0917 139 9994
0917 544 7992
0926 568 0095
- Region 11** 0917 720 1674
0929 498 5400
0917 985 8589
0975 950 3781
(082) 291 1665
(082) 224 0748
- Region 12** (083) 228 1893
(083) 228 8825
- CARAGA** 0945 237 8066
(085) 342 8207
0917 720 1674
- BARMM** 0996 301 8777
0936 339 5221

Other Helplines are available; you may check facebook.com/DepEdDRMS for other listings