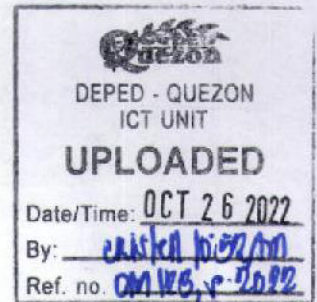




Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE



13 October 2022

OFFICE MEMORANDUM
OM No. 123, s. 2022

DIVISION OFFICE MENTAL HEALTH ACTIVITY

To: Assistant Schools Division Superintendents
Section/Unit Heads
Education Program Supervisors
School Health Section
All Others Concerned

In line with the **UGFO No. 2022-03-1037** on the 2022 National Mental Health Week (October 10-14), the Department of Health (DOH) has extended its observance up to the rest of October.

The National Mental Health Month follows the theme "Mental Health and Well-being for All: Promoting Mental Health in Physical and Virtual Spaces".

By joining the observance, DepEd emphasizes the value of bringing stakeholders together and encouraging them to contribute to ensure the mental and physical health of all staff, students, and other concerned parties in both schools and physical workplaces.

In relation, the Schools Division of Quezon through the SGOD-School Health Section will conduct a mental health activity for SDO personnel on **October 28, 2022** beginning 8:00 o'clock in the morning at SDO Quezon, Talipan, Pagbilao.

The said activity aims to provide comfort and enjoyment, as well as show the importance of good mental health through a fun-filled activity.

The mechanics of the activity are as follows:

- a. The group of personnel will be divided into three (SDO, SGOD, CID).
- b. Each group should have representative members not exceeding ten personnel.
- c. Each group has its assigned color of clothing (T-Shirt) for team identification.
 - SDO Team- **Green**
 - SGOD Team- **Red**
 - CID Team- **Blue**

DEPEDQUEZON-TM-SDS-04-010-005



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For inquiries, you may contact Nurse May Ann Gail C. Candelaria - Focal Person of School Mental Health Program at 09996667820.

Immediate dissemination of this Memorandum is desired.

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

sgodshs/magc/10/13/2022

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