



Republic of the Philippines  
**Bangsamoro Autonomous Region in Muslim Mindanao**  
**Ministry of Basic, Higher and Technical Education**  
 Cotabato City



**Office of the Minister**

Bangsamoro Autonomous Region in Muslim Mindanao  
 Ministry of Basic, Higher and Technical Education  
 OFFICE OF THE MINISTER

RELEASED

**REGIONAL MEMORANDUM**

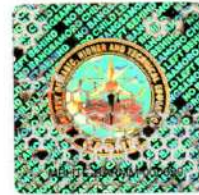
No. 1245  
 Series of 2021

DATE: 12 OCT 2021  
 TIME: 9:20 Am  
 Ctrl. No. 2021-10-140

TO : **ALL SCHOOL DIVISION SUPERINTENDENTS AND FOCALS**

ATTENTION : **DIVISION NURSES IN-CHARGE**

FROM : **MOHAGHER M. IQBAL**  
 Minister



SUBJECT : **CELEBRATION OF 2021 WORLD MENTAL HEALTH DAY AND NATIONAL MENTAL HEALTH WEEK**

DATE : October 8, 2021

- In consonance to unnumbered OUA Memorandum issued by the Department of Education (DepEd) dated October 7, 2021, the department enjoins all units at the Central Office, field offices, and schools to initiate/participate in activities related to the observance of the **2021 World Mental Health Day on 10 October 2021** and the **2021 National Mental Health Week on 11-16 October 2021**. This is pursuant to Presidential Proclamation No. 452, s. 1994, titled declaring the Second Week of October of Every Year as National Mental Health Week.
- The theme for this year's celebration is "**Mental Health Care for All: Let's Make it a Reality.**" Campaign background and resources relevant to the celebration are available at the website of the World Health Organization accessible through <https://bit.ly/whowmhd2021>.
- As the 2021 World Mental Health Days Falls on Sunday, it is **best celebrated through rest and spending quality time with family and loved ones**. Thus, all schools division teaching and non-teaching personnel are hereby enjoined to support/participate in the following activities set at the national level related to the celebration of National Mental Health Week.
- Furthermore, the schools division offices, through their respective School Mental Health Program Coordinators (from the School Health and Nutrition Sections/Units), **are enjoined to conduct activities in support of the celebration in coordination with their Designated Guidance Counselor Supervisor**, as per DM-OUCI-2021- 055 (for the promotion and provision of Counseling and Referral Services), **their DRRM Coordinators** (for the promotion and provision Mental Health and Psychosocial Support Services [MHPSS]/Psychological First Aid), and their **Human Resource Management Offices** (for the promotion of the mental health of employees).

Bangsamoro Autonomous Region in Muslim Mindanao  
 Ministry of Basic, Higher and Technical Education  
**INFORMATION AND COMMUNICATIONS DIVISION**  
 Office of the Minister

RELEASED

By Jam  
 Date OCT 12 2021  
 Time 9:30 Am





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5. In view of the ongoing pandemic, virtual activities shall be preferred. Conduct of face-to-face activities, where allowed or may be held, shall be strictly guided by the updated required health standards.
6. Should you have any concerns, please contact the MBHTE-Learner Health and Nutrition Unit with contact number 0905-081-4291 or email at [armm.hnu@deped.gov.ph](mailto:armm.hnu@deped.gov.ph).
7. For information and compliance.