



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

REGIONAL MEMORANDUM

No. 1278
 Series of 2021

RELEASED

By: Hajir
 DATE: 20 OCT 2021
 TIME: 4:35 P.m
 Ctrl. No. 2021-10-213

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

ATTENTION : **DIVISION NURSES IN-CHARGE**

FROM : 
MOHAGHER M. IQBAL
 Minister



SUBJECT : **MENTAL HEALTH WEBINAR SERIES**

DATE : October 20, 2021

Republic of the Philippines
 Bangsamoro Autonomous Region in Muslim Mindanao
 Ministry of Basic, Higher and Technical Education
INFORMATION AND COMMUNICATIONS DIVISION
 Office of the Minister
RELEASED
 By: Marlon Abolencia
 Date: OCT 20 2021
 Time: 4:40 P.m
 Control No. 2021-10-936

1. The Ministry of Basic, Higher, and Technical Education (MBHTE) recognizes the value of Mental Health and Psychosocial Support Services (MHPSS) especially to the work performances of all its personnel as well as the safety of the learners.
2. The ministry also acknowledges how the region is situated in geographical area where recurring incidents and disasters might happen (egs. natural disaster, armed conflict, and the ongoing threat of the pandemic) that will endanger both physical and mental well-being of all.
3. In line with the 2021 **World Mental Health Day** and the **2021 National Mental Health Week (OVA memorandum)**, and **Mental Awareness Month**, the MBHTE, in partnership with Education Pathways to Peace in Mindanao (Pathways), will be conducting a series of webinars dubbed as "**Mental Health Talks**".
4. The resource speakers will be discussing relevant mental health topics based on the results of broad assessment of mental health needs of the MBHTE employees, including the teaching and non-teaching personnel.
5. Said series of webinars will begin on **Thursday, October 21, 2021, at 1:00-4:00 p.m.**
6. Attached are the schedules and the topics of the webinar for your reference.
7. Everyone is encouraged to attend the webinar. All interested participants may join here: <https://meet.google.com/uvx-nfjt-caf>.
8. For information and dissemination.



DATE AND TIME	TOPIC	RESOURCE PERSON
Thursday October 21, 2021 (1:00 – 4:00pm)	SESSION 1: Mental Health & Islam	Dr. Dreiza Hakim
Tuesday November 9, 2021 (1:00 – 3:00pm)	SESSION 2: Sleep and Rest	Dr. Ron Elepaño III
Thursday November 11, 2021 (1:00 – 3:00pm)	SESSION 3: Stress Management	Ms. Marian Villanueva
Tuesday November 23, 2021 (1:00 – 3:00pm)	SESSION 4: On Motivation & Lethargy	Ms. Maria Carmen "Icar" Castro