

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



## Office of the Minister

Sangsamoro Autonomous Region in Muellm Mindanae Min-stry of Basic, Pagher and Tsohntoal Education OFFICE OF THE MINISTER

**REGIONAL MEMORANDUM** 

No. 1278 Series of 2021 TIME: 4:35 P.m.

Cut. No. 2021 - 14-213

TO

ALL SCHOOL DIVISION SUPERINTENDENTS AND FOCALS

ATTENTION

**DIVISION NURSES IN-CHARGE** 

FROM

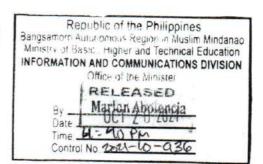
MOHAGHER M. IOBAL Minister

SUBJECT

MENTAL HEALTH WEBINAR SERIES

DATE

October 20, 2021



- 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.
- 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.
- 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: <a href="https://meet.google.com/uvx-nfit-caf">https://meet.google.com/uvx-nfit-caf</a>.
- 8. For information and dissemination.

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