



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



Office of the Minister

REGIONAL MEMORANDUM

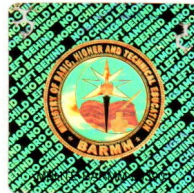
No. 1108
 Series of 2022

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

TO : ALL SCHOOLS DIVISION SUPERINTENDENTS
 ELEMENTARY AND SECONDARY SCHOOL HEADS
 SCHOOL MENTAL HEALTH FOCAL
 ALL OTHERS CONCERNED

RELEASED
 BY: Hajir
 DATE: OCT 12 2022
 TIME: 8:40 A.M
 Ctrl. No. 2022-10-014

FROM :  **MOHAGHER M. IQBAL**
 Minister



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 **HAYDER A. ABDUL**
 Date OCT 12 2022
 Time 8:55 A.M
 Control No. 2022-10-014

SUBJECT : **CELEBRATION OF 2022 NATIONAL MENTAL HEALTH WEEK**
 DATE : October 9, 2022

1. In line with the celebration of the National Mental Health Week, all units at the Regional Office, field offices, and schools are hereby enjoined to initiate/participate in the activities related to the abovementioned activity on October 10-14, 2022. This is pursuant to Presidential Proclamation No. 452, s. 1994, which institutionalized the Second Week of October of every year as National Mental Health Week.
2. This year's celebration carries the theme "**Mental Health and Wellbeing for All: Promoting Mental Health in Physical and Virtual Spaces.**" Campaign background and resources relevant to the activity are available at the website of the World Health Organization which can be accessed through this link <https://bit.ly/MentallyHealthyDepEdResources>.
3. As part of the week-long celebration, we continue to work hand in hand and heart-to-heart in promoting and working in a ministry where mental health is valued and protected, where everyone has given an equal opportunity to exercise their human rights, and can access the mental health care they need. By taking part in the activity, we aim to bring together MBHTE stakeholders to contribute in ensuring the mental health and well-being of all personnel and learners both in schools and physical workspaces, and online.
4. Furthermore, the schools division superintendents, school heads, and School Mental Health Program Coordinators are directed to make video messages expressing their support and their roles in promoting mental health. Said video shall be posted in their schools divisions' official Facebook pages. It is highly requested that the hashtags [#MentallyHealthyDepEd](#) and [#NationalMentalHealthWeek](#) must be used when posting the videos.
5. Should you have concerns or other inquiries, kindly contact Mary Ann Charcholle Beda, Regional School Mental Health Focal, at mobile no. 0906-952-9010 or email armm.hnu@deped.gov.ph.
6. For information and compliance.

