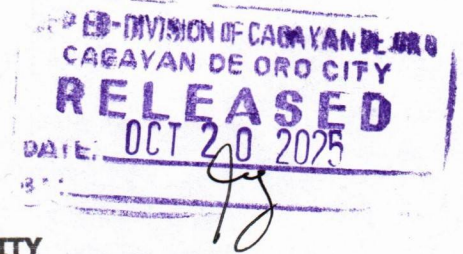




Republic of the Philippines
Department of Education
REGION X

SCHOOLS DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

17 OCT 2025

DIVISION MEMORANDUM

No. 927 s. 2025

DISSEMINATION OF MENTAL HEALTH INFOGRAPHICS POSTERS

To: Asst. Schools Division Superintendent
Public Schools District Supervisors
Public Secondary and Elementary School Heads
School Information Officers
This Division

1. In support of the Department of Education's continuous efforts to strengthen communication advocacy on vital programs, this Office directs the dissemination of **Mental Health infographic poster** provided by the Public Affairs Service, accessible through: <https://drive.google.com/file/d/1ckrgZO752yRPrWoczngYwk2n-bAHaVki/view?usp=sharing>
2. Schools are advised to print and reproduce the posters in adequate quantities and ensure that these are conspicuously displayed in areas accessible to both learners and school personnel, such as bulletin boards, Teen Centers, faculty rooms, and other prominent school locations.
3. The dissemination of these materials aim to strengthen awareness and understanding of mental health and to foster a supportive and caring school environment.
4. In adherence to Equal Opportunity Principle (EOP), inclusive and fair treatment is accorded to all personnel regardless of disability, sexual orientation, gender, age, religion, and ethnicity.
5. This Office directs compliance to this Memorandum.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl: As stated

Reference: As stated

To be indicated in the Perpetual Index
under the following subjects:
MENTAL HEALTH

DM037-SGOD-YF-LLT / dissemination of mental health infographics posters
October 17, 2025

are you okay?



Have a conversation
with these 4 steps!

Kumustahin sila.

**Makinig sa
kanilang sasabihin.**

**Hikayatin na
gawan ito ng
aksyon.**

**Maglaan ng oras para
sila'y kumustahin.**

PAALALA MULA KINA

Pangulong Bongbong Marcos at DepEd Secretary Sonny Angara



**Mahalaga para sa
DepEd na maalagaan
ang Mental Well-
being ng ating guro
at mag-aaral.**

**Alamin kung saan at
kanino tayo pwedeng
humingi ng tulong.**

NATIONWIDE CRISIS HOTLINES

National Center for Mental Health 24/7

**Nationwide Landline- 1553
Smart/TNT- 0919-057-1553
Globe/TM- 0917-899-8727
0966-351-4518**

Crisis Line by InTouch

**0928-893-7603
0919-056-0709
0922-893-8944**

DSWD-WiSupport

**Text hotline: "DSWD (space) WiSUPPORT
(space) Name/Sex/Age/Region/Message
or Concern" to 0918-91292813.**

MONDAY TO FRIDAY (8 AM TO 5 PM)

Natasha Goulbourn

**(02) 8804 4673
0917-872-5514**

PAALALA MULA KINA

Pangulong Bongbong Marcos at DepEd Secretary Sonny Angara

