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Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
Tanggapan ng Pangalawang Kalihim

**OUA MEMO 00-0521-0097**  
**MEMORANDUM**  
10 May 2021

For: **Undersecretaries**  
**Assistant Secretaries**  
**Bureau and Service Directors**  
**Regional Directors and BARMM Education Minister**  
**All Others Concerned**

Subject: **EXECUTIVE TRAINING OF THE DEPARTMENT OF**  
**EDUCATION MANAGEMENT COMMITTEE ON AWARENESS**  
**AND PREVENTION OF DEPRESSION AND OTHER MENTAL**  
**HEALTH ISSUES AMONG STUDENTS**

The COVID-19 Pandemic has posed unprecedented challenges to the education sector. Accompanied by this health crisis is the influx of mental health concerns in the country. Due to this, discussion on mental health and depression becomes pertinent and urgent, especially for education leaders.

The Disaster Risk Reduction and Management Service (DRRMS), under the leadership of the Office of the Undersecretary for Administration (OUA), will conduct a two-session comprehensive **Executive Training of the Department of Education (DepEd) Management Committee (MANCOM) on Awareness and Prevention of Depression and Other Mental Health Issues among Students**. This training, which will be held on 20-21 and 27-28 May 2021, is organized together with the Psychological Association of the Philippines (PAP).

This Executive Training aims to

- strengthen and deepen the understanding and knowledge of participants on depression, mental health issues, and its consequences;
- solidify their roles as the Department's leaders in implementing Mental Health Issue Prevention initiatives in schools;
- capacitate them with appropriate and relevant responses to mental health concerns such as depression and its consequences among learners; and
- engage them in a meaningful discussion on mental health.



**Office of the Undersecretary for Administration (OUA)**

*[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers Camp (BTC), Central Security & Safety Office (CSSO)]*

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The discussion and takeaways from these workshops may be critical in informing the Department's future programs and policies on mental health in schools. With this, the MANCOM members are invited to the workshop series. Two slots are given for attendance to ensure that the MANCOM members are available to attend. The designation of substitutes for attendance is not encouraged.

Enclosed is the program for reference (Annex A).

All concerned are requested to confirm their attendance and register via <https://tinyurl.com/MHPSS-SAandP> . Attendees may choose between the two available slots per session. The orientation will be conducted through a Zoom meeting. The orientation link will be emailed upon confirmation of attendance.

For more information, kindly contact Director Ronilda R. Co of DRRMS, through (02) 8637-4933 or email at [drmo@deped.gov.ph](mailto:drmo@deped.gov.ph) .

Immediate dissemination of this Memorandum is desired.



**ALAIN DEL B. PASCUA**  
Undersecretary



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## ANNEX A

### Executive Training of the Department of Education Management Committee on Awareness and Prevention of Depression and Other Mental Health Issues among Students

#### -Indicative Program-

	Topic	1st Slot	2nd Slot
<b>Session 1</b>	<b>Part 1.</b> Understanding Mental Health and Stress in our Daily Life	<b>20 May 2021</b> Thursday 8:00 a.m.- 12:00 p.m.	<b>21 May 2021</b> Friday 8:00 a.m. - 12:00 p.m.
	<b>Part 2.</b> Identifying Depression and Suicide: Causes and Factors		
<b>Session 2</b>	<b>Part 3.</b> Coping Mechanism and Strategies	<b>27 May 2021</b> Thursday 8:00 a.m.- 12:00 p.m.	<b>28 May 2021</b> Friday 8:00 a.m.- 12:00 p.m.
	<b>Part 4.</b> Ethics and Creating Programs		
	<b>Part 5.</b> Process of referring an individual with Mental Health Issues		

\*PAP has opened two (2) slots per week to accommodate the attendees. Participants may choose between any of the 2 batches to attend per week.



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