



Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City



Reference Number: RU-2026-102

Office of the Schools Division Superintendent

22 OCT 2026

DIVISION MEMORANDUM
NO. 483 S., 2026

CONDUCT OF MENTAL HEALTH MONTH CULMINATING ACTIVITY

TO: Administrative Officer V
CID Chief Education Supervisor
SGOD Chief Education Supervisor
Public Schools District Supervisors
School Heads of Public Elementary and Secondary Schools
All others Concerned

1. In support to the implementation of DepEd's School Mental Health Program and related initiatives under the Mental Health Act (Republic Act No. 11036) and the Basic Education Mental Health and Well-Being Promotion Act (Republic Act No. 12080), the Schools Division Office, through the Schools Division Counselor-Designate in partnership with the Health and Nutrition Section will facilitate the conduct of the SDO-Tabuk City Mental Health Month Culminating Activity on October 26, 2026 at the Gymnasium after the Flag Raising Ceremony.
2. This herein detailed activity shall be conducted as part of the observance of Mental Health Month, serving as a platform to strengthen an inclusive, safe, and supportive learning and work environment that promotes the holistic development and well-being of learners and personnel.

Time allotment	Activity Segment
2 mins.	Green Ribbon Display of Support
3 mins.	Celebrating Minds, Honoring Milestones
5 mins.	Pick a Note, Brighten a Day

3. The participants to the activity are all the employees of the Schools Division Office.
4. Furthermore, all Public Schools District Supervisors (PSDSs) are requested to facilitate the online monitoring of approved School Mental Health Program activities by disseminating the monitoring link or QR Code to all school heads within their respective areas of supervision. Responses shall be submitted on or before November 3, 2026:



Address: Bulanao Central School Cmpd., Purok 2, Bulanao Norte, Tabuk City, Kalinga
Email: tabuk.city@deped.gov.ph
Website: <https://www.depedtabukcity.com>

DepEd Tayo Tabuk City



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Link: <https://forms.gle/SkPm5B5LTeesvtr39>

QR Code



5. For questions and concerns, please contact Doddie Marie L. Duclan, EPS/
Schools Division Counselor Designate through her mobile number
09156185054, or her email address doddiemarie.duclan@deped.gov.ph.
6. Compliance to this memorandum is enjoined.

Digitally signed by
CHRISTOPHER
C. BENIGNO
Date: 2026.10.23
13:02:59+08'00'

CHRISTOPHER C. BENIGNO PhD, EdD, CESO VI
Assistant Schools Division Superintendent
OIC - Schools Division Superintendent

cid/guid/dmd/Memo_SDO_Mental Health Month Activity/10/22/26



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