



Republic of the Philippines
Department of Education
REGION III- CENTRAL LUZON
SCHOOLS DIVISION OF SCIENCE CITY OF MUÑOZ



November 18, 2024


SCHOOLS DIVISION MEMORANDUM

No. 393, s. 2024

**SCHOOLS DIVISION CONDUCT OF TRAINING ON MENTAL HEALTH
AND PSYCHOSOCIAL SUPPORT SERVICES (MHPSS)**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Public Elementary and Secondary Schoolheads
All Others Concerned

1. This Office announces the conduct of Training on Mental Health and Psychosocial Support Services (MHPSS) for selected SDO Personnel on November 20-21, 2024, in Gabaldon, Nueva Ecija.
2. The activity aims to increase the mental resilience of DepEd personnel and teach them to provide intervention in responding to the needs, especially in challenging times.
3. Enclosed is the Matrix of the Activity.
4. For more information, all concerned may contact the Disaster Risk Reduction Management (DRRM) Division Coordinator through cellphone no. 0916-4950-559 or email address: rosan.ariston@deped.gov.ph.
5. Immediate and strict compliance of this Memorandum is desired.


JOHANNA N. GERVACIO PhD, CESO V
Schools Division Superintendent

Encl: As stated
Reference: None
To be indicated in the Perpetual Index
Under the following subjects:

RESILIENCY

REA MHPSS Training
028/November 18, 2024



Address: Brgy. Rizal, Science City of Muñoz, 3119

Telephone No.: (044) 806 -2192; Email Address: munozonecity@deped.gov.ph



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SCHOOLS DIVISION OF SCIENCE CITY OF MUÑOZ

Enclosure No. 1 to Schools Division Memorandum No. ____ s, 2024

SCHOOLS DIVISION TRAINING ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES (MHPSS)

November 20-21, 2024

Day 1 (November 20, 2024)		
8:00-9:30	Nationalistic Song	AVP
	Prayer	RODOLFO A. DIZON <i>Education Program Supervisor</i>
	DepEd Munoz Hymn	AVP
	Roll Call of Participants	ENGR. ALVIN D. TANGONAN <i>DepEd Engineer</i>
	Welcome Remarks	RONILO E. HILARIO, CESO VI <i>Asst. Schools Division Superintendent</i>
	Inspirational Message	JOHANNA N. GERVACIO PhD, CESO V <i>Schools Division Superintendent</i>
	Statement of Purpose	BERNARDO A. GARGABITE EdD <i>Chief ES – SGOD</i>
9:31-12:00	<ul style="list-style-type: none"> ➤ What is Mental Health? ➤ Understanding yourself 	ALMA MERCY GIOKETO <i>Facilitator</i>
12:01-13:00	Lunch	
13:01-17:00	<ul style="list-style-type: none"> ➤ Tips for Self-care and Maintaining Mental Health ➤ Most common mental health issues in the workplace 	ALMA MERCY GIOKETO <i>Facilitator</i>
Day 2 (November 21, 2024)		
8:00-8:30	Nationalistic Song	AVP
	Prayer	AUGUSTO A. MATEO <i>Education Program Supervisor</i>
	Roll Call of Participants	ENGR. MARLON V. SIMINIG <i>DepEd Engineer</i>
8:31- 9:15	Sharing of understanding	Selected participants



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9:16-11:30	<ul style="list-style-type: none">➤ Mental Health of Children and Adolescents➤ Burn Out and Self Care in the Workplace	DRA. MARIANNE C. CORONEL <i>Medical Officer III</i>
11:01-11:15	Closing Remarks	WINNIE W. POLI <i>Medical Officer III</i>
11:16-12:00	Lunch	



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