



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

REGIONAL MEMORANDUM

No. 1257, s. 2026

OCT 29 2026

COMMEMORATION OF THE WORLD MENTAL HEALTH DAY FOR FY 2026

To: Schools Division Superintendents
All Others Concerned

1. This Office, through the Education Support Services Division (ESSD), disseminates the attached communication from **Hon. Malcolm S. Garma**, Undersecretary for Governance and Operations, dated September 11, 2026 titled **"Commemoration of the World Mental Health Day for FY 2026,"** which is self-explanatory.

2. Immediate dissemination of this Memorandum is desired.

RAMIR B. UYTICO EdD, CESO III
Regional Director

Reference: As Stated

Incl: As Stated

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

SCHOOLS

HEALTH

SJRM/ESSD-RM/ Commemoration of the World Mental Health Day for FY 2026
/October 28, 2026



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Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-OUGOPS-2026-01-03777

TO : ALL REGIONAL DIRECTORS
ALL SCHOOLS DIVISION SUPERINTENDENTS
ALL SCHOOL HEADS
BARMM EDUCATION MINISTER
ALL OTHERS CONCERNED

FROM : MALCOLM S. GARMA
Undersecretary for Governance and Operations

WILFREDO E. CABRAL
Undersecretary for Human Resource and Organizational Development

SUBJECT : COMMEMORATION OF THE WORLD MENTAL HEALTH DAY
FOR FY 2026

DATE : September 11, 2026

Republic Act No. 11036, otherwise known as the *Mental Health Act*, and Republic Act No. 12080, otherwise known as the *Basic Education Mental Health and Well-Being Promotion Act*, mandate the Department of Education (DepEd) to pursue strategies and initiatives that promote and protect mental health and well-being in basic education, among others. In support of these mandates, the **Bureau of Learner Support Services - Learner Wellness Office (BLSS-LWO)** and the **Bureau of Human Resources and Organizational Development - Employee Welfare Division (BHRD-EWD)** have collaborated to develop initiatives that promote mental health and well-being among learners and DepEd personnel.

In this regard, **all offices across governance levels and schools are encouraged to conduct appropriate activities** beginning **October 10, 2026** (Saturday), in commemoration of **World Mental Health Day (WMHD)**. As announced by the **World Federation for Mental Health (WFMH)** and the **World Health Organization (WHO)**, the theme for World Mental Health Day is **"Lived Experiences Heard: Real Voices, Real Change."** The theme highlights the importance of listening to and valuing the lived experiences of individuals in shaping responsive mental health policies, programs, and services.



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Through this celebration, DepEd brings together learners, personnel, and stakeholders and enjoins them to actively participate in initiatives that promote mental health, strengthen psychosocial support, and contribute to creating safe, supportive, and mentally healthy learning and working environments for all.

Recommended activities including references and materials to use for the observance can be accessed in this link: https://bit.ly/DepEd_MH2026.

Expenses for activities conducted in offices may be charged to the respective local funds, while expenses for activities involving learners may be charged to the Learner Support Funds (LSP) under the School-Based Mental Health Program (SMHP). Regional Offices and Schools Division Offices are requested to augment funds in cases of deficiencies or shortages. All expenses shall be subject to the usual accounting and auditing rules and regulations.

The following mechanisms shall be implemented to monitor participation in the observance:

1. Submission of Post-Activity Report. Regional Offices, Schools Division Offices, and Schools shall submit a short written post-activity report, with corresponding MOVs, in PDF format covering all activities conducted.
2. The PDF file of the activity report shall follow the prescribed file-naming convention:
 - a. Schools: *Name of the School_SDO*
 - b. Field Offices: *Name of the SDO_Region*
3. Online Submission. The post-activity reports shall be uploaded through the designated link: https://bit.ly/DepEd_MH2026Reports.

All mental health promotion activities or initiatives shall ensure that schools are in compliance with the **no-disruption of classes policy** stipulated in DepEd Order (DO) No. 9, s. 2005 titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith and the policy on off-campus activities stated in DO 66 s. 2017.

For more information, please contact **BLSS-LWO** through **Ms. Belle Beatrice D. Hombrebueno** at blss.lwd@deped.gov.ph, or **BHROD-EWD** through **Ms. Camille Balbuena** at bhrod.ewd@deped.gov.ph.



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