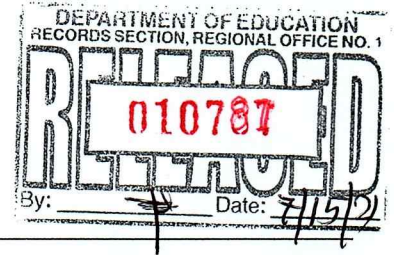




Republic of the Philippines
Department of Education
REGION I



Office of the Regional Director

JUL 15 2021

REGIONAL MEMORANDUM

No. 747 s. 2021

WEBINAR ON MENTAL HEALTH AWARENESS IN THE EDUCATION SECTOR

To: Schools Division Superintendents

1. The Department of Health-Center for Health Development-1 shall conduct a Webinar on Mental Health Awareness in the Education Sector via Cisco Webex on July 27-28, 2021 at 8:00 AM to 12:00 Noon. The meeting link is <https://departmentofhealth.webex.com./departmentofhealth/j.php?MTID=m9cdaa9dc5a4584fbc0310f457521b282> meeting access code: 184 997 0847 and meeting password: 1ncd .
2. The participants to the abovementioned activity are Teachers, Health Personnel and Guidance Counsellors. Attached is the Programme and schedule, for more details.
3. For information and compliance.


TOLENTINO G. AQUINO
Director IV 

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

HEALTH EDUCATION
PROGRAMS
TEACHERS

ESSD-SQC/mar/MEMO 2021
July 14, 2021

DepEd Region 1: Built on character; empowered by competence.



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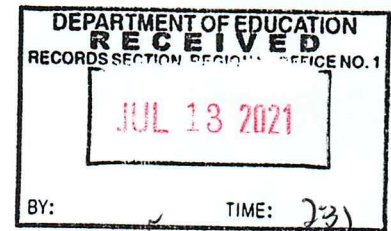




Republic of the Philippines
Department of Health
CENTER FOR HEALTH DEVELOPMENT-I

July 12, 2021

TOLENTINO G. AQUINO
Director IV
Department of Education
Regional Office no. I, San Fernando City, La Union
2500



Dear **Dir. Aquino**:

The Filipino people known for their resilience have been coping to adjust to the demands of the changes brought by the Pandemic. One of the changes observed in the new normal set up included the shift from face-to-face classes to a virtual or modular set up in education. The teachers are doing their best to educate the youth despite the challenges in their delivery. Inevitably, increasing reports of mental health issues have been observed due to academic stress both from teachers and students.

To raise awareness, foster and strengthen good mental health among students and educators amidst the New Normal, we would like to invite the Teachers, School Nurses and Guidance Counselors under the Department of Health Regional Office I to join the Webinar on **Mental Health Awareness in the Education Sector on July 27-28, 2021 via Cisco Webex**. Other important details regarding the said webinar is also attached with this letter.

Dr. Magnolia I. Brabante, DOH CHD-I Mental Health Program Coordinator and Mr. Erwin M. Baclig, Jr., SHPO will coordinate with you through mobile no. 0961-815-1416 or 0945-491-4447.

Thank you.

Very truly yours,


VALERIANO JESUS V. LOPEZ, MD, MPH, MHA, CESO IV
Director IV



MENTAL HEALTH AWARENESS IN THE EDUCATION SECTOR

July 27-28, 2021

Via Cisco Webex

PROGRAMME

<p>9:00 AM - 9:10 AM</p> <p>9:10 AM - 9:30 AM</p> <p>9:30 AM - 10:00 AM</p> <p>10:00 AM - 10:30 AM</p> <p>10:30 AM - 10:45 AM</p> <p>10:45 AM - 11:00 AM</p> <p>11:00 AM - 11:30 AM</p> <p>11:30 AM - 11:45 AM</p> <p>11:45 AM - 12:00 AM</p> <p>12:00 AM - 12:15 AM</p>	<p>Preliminaries</p> <p>Lecture on the following: Mental Health Awareness</p> <ul style="list-style-type: none"> • Bullying • Suicide Prevention <p>Meditation</p> <ul style="list-style-type: none"> • Lecture on Mental Health Amidst COVID-19 • Stress Management <p>Progressive Muscle Relaxation</p> <p>Evaluation</p> <p>Closing Remarks</p>	<p>DOH CHD I Staff</p>
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SCHEDULE

<p>July 27, 2021</p> <p>8:00 AM - 12:00 NN</p>	<p>Ilocos Norte & Ilocos Sur DepEd Teachers, Guidance Counselors and School Nurses</p>	<p>https://departmentofhealth.webex.com/departmentofhealth/j.php?MTID=m9cdaa9dc5a4584fbc0310f457521b282</p>
<p>July 28, 2021</p> <p>8:00 AM - 12:00 NN</p>	<p>Pangasinan & La Union DepEd Teachers, Guidance Counselors and School Nurses</p>	<p>Meeting number (access code): 184 997 0847</p> <p>Meeting password: 1ncd</p> <p align="center">CISCO WEBEX</p>