



Republic of the Philippines  
 Department of Education  
 REGION V - BICOL  
 SCHOOLS DIVISION OFFICE OF CATANDUANES



06 December 2022

DIVISION MEMORANDUM  
 OSDS-SGOD-DM-105 s. 2022

**“TARA, USAP TAYO”: A SUICIDE AWARENESS FORUM CUM MENTAL HEALTH MONTH CELEBRATION 2022**

To: Assistant Schools Division Superintendent  
 Chiefs, SGOD and CID  
 Section/Unit Heads  
 Education Program Supervisors/Specialists  
 Teaching and Non-Teaching Personnel  
 School Health Personnel  
 All Others Concerned

1. As part of our continuous rendering of services for our learners and personnel, the School Governance and Operation Division, through the School Health and Nutrition Section, will be conducting the **“Tara Usap Tayo”, A Suicide Awareness Forum cum Mental Health Month Celebration 2022**, on **January 20, 2023** at the **Amenia Beach Resort, San Andres, Catanduanes**, from 8 am to 5 pm.

2. The said activity is one way of expressing support in the promotion of DepED’s **National Mental Health Week/Month Celebration 2022**, with a theme: **“Mental Health and Wellbeing for all: Promoting Mental Health in Physical and Virtual Spaces”**, as per DM 93, s 2022. Inasmuch as this activity was supposed to be scheduled last September-October, which was just in time with the Mental Health Month Celebration, with the overlapping of equally important activities, this activity was moved to January 2023. This, however, does not defeat its purpose because every month should be a Mental Health month celebration.

3. The participants of the activity are the School OKSaDepED Coordinators/Guidance Designates/School Clinic Teachers.

January 20, 2023	Training Hall A	Training Hall B	
AM Session	Zone 4	Zone 3	
PM Session	Zone 2	Zone 1	

4. Required health standards, based on the latest updates of the Department of Health and relevant authorities, shall be observed at all times for onsite activities.

5. Transportation and other incidental expenses will be charged against local funds subject to the usual accounting and auditing rules and regulations. For further



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information, you may contact Ms. **Anavel M. Joson**, MHPSS Coordinator, through her email address at [anavel.joson@deped.gov.ph](mailto:anavel.joson@deped.gov.ph).

6. For information, guidance and compliance.

By the Authority of the Schools Division Superintendent

  
**MA. LUISA T. DELA ROSA**  
Assistant Schools Division Superintendent  
Officer-In-Charge



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