



Republic of the Philippines  
**Department of Education**  
REGION III – CENTRAL LUZON  
SCHOOLS DIVISION OFFICE-SCIENCE CITY OF MUNOZ

May 4, 2021

**DIVISION MEMORANDUM**

No. 154, s. 2021

**INVITATION TO ENJOIN PERSONNEL IN THE ONLINE MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICE (MHPSS) ACTIVITY**

To: Assistant Schools Division Superintendent  
Chief ES CID and SGOD  
Education Program Supervisors  
Unit Heads  
Public Elementary and Secondary School Heads  
All DepEd Personnel

1. The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming and cause strong emotions in adults and children. Public health actions such as social distancing, are necessary to reduce the spread of COVID-19 but at the same time, such action can make us feel isolated, lonely and can increase stress and anxiety. Learning to cope with stress in this time of pandemic is crucial and will make us and the people we care about and those around us become more resilient and productive.
2. Last 2020, the Office of the Undersecretary for Administration (OUA), through the Disaster Risk Reduction and Management Services (DRRMS) and in partnership with the Psychological Association of the Philippines has conducted online learning activities to provide Mental Health and Psychosocial Support to learners, personnel and parents. This includes the Wellness Check Series for DepEd Personnel featuring various topics related to positive coping mechanisms to combat stress and other mental health challenges everyone is facing.
3. As the pandemic continues, DRRMS will continue its MPHSS program for Personnel. The Program is renamed **TAYO NAMAN! Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon.**
4. In connection with this, DepEd Personnel are hereby invited to join the Online In-depth Session Support Group which will commence on May 19, 2021 and the Live Sessions of the program will start on May 21, 2021. Please see attached



*Loyal, Excellent, Accountable and Dedicated to Service*

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

Telephone No.: (044) 806 -2192; Email Address: [munozscience.city@deped.gov.ph](mailto:munozscience.city@deped.gov.ph)

DSCM-QMS-QMR-QSF-008 Rev.03 (01.31.20)



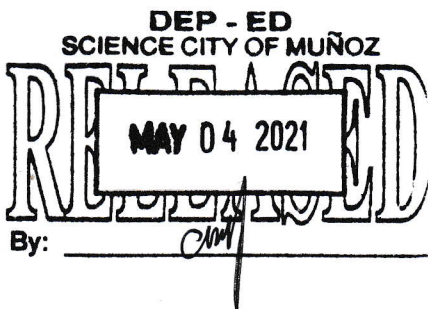
Certificate No. 50500731 QM15



Republic of the Philippines  
**Department of Education**  
REGION III – CENTRAL LUZON  
SCHOOLS DIVISION OFFICE-SCIENCE CITY OF MUNOZ

DEpEd Task Force COVID-19 Memorandum No.385 for your guidance and appropriate action. Moreover, everyone is invited to join the TAYO Naman! Facebook Group (<http://bit.ly/TAYONamanFB>) for regular updates on the activities and self-care contents.

5. For queries, please contact MARIANNE C. CORONEL, MD, Medical Officer III thru DepEd email: [marianne.coronel@deped.gov.ph](mailto:marianne.coronel@deped.gov.ph) or you may call at 09285040801.
6. Immediate dissemination and strict compliance of this memorandum is desired.



**DANTE G. PARUNGAO, CESO VI**  
Officer-in-Charge  
Office of the Schools Division Superintendent



*Loyal, Excellent, Accountable and Dedicated to Service*  
Address: Brgy. Rizal, Science City of Muñoz, 3119  
Telephone No.: (044) 806 -2192; Email Address: [munozscience.city@deped.gov.ph](mailto:munozscience.city@deped.gov.ph)  
DSCM-QMS-QMR-QSF-008 Rev.03 (01.31.20)



Certificate No. 50500731 QM15





OUAD00-0521-00 12  
To authenticate this document,  
please scan the QR Code



Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
Tanggapan ng Pangalawang Kalihim

**DepEd Task Force COVID-19**  
**MEMORANDUM No. 385**  
03 May 2021

For: **Regional Directors**  
**Schools Division Superintendent**  
**All DepEd Personnel**

Subject: **INVITATION TO ENJOIN PERSONNEL IN THE ONLINE**  
**MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICE**  
**(MHPSS) ACTIVITY**

As part of its response to the COVID-19 pandemic last 2020, the Office of the Undersecretary for Administration (OUA), through the Disaster Risk Reduction and Management Service (DRRMS) in partnership with the Psychological Association of the Philippines (PAP), has conducted online learning activities to provide Mental Health and Psychosocial Support to learners, personnel and parents. This includes the Wellness Check Series for DepEd Personnel which feature discussions on various topics related to positive coping mechanisms to combat stress and other challenges to a person's mental health brought upon by the COVID-19 pandemic.

A year after, the country has experienced another unprecedented surge of cases, causing heightened fear and anxiety to many. The Department of Education (DepEd) personnel are not exempted from this. While the number of cases are rising, the Department's mandate towards learning continuity remains. In these challenging times when aside from the physical threat, the mental health of the people are also affected, the Disaster Risk Reduction and Management Service (DRRMS) will conduct an online Mental Health and Psychosocial Support Service (MHPSS) activities for DepEd personnel.

As the pandemic continues to challenge the populace, DRRMS will continue its MHPSS program for Personnel. The program is renamed **TAYO NAMAN! Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon** in partnership with Globe Telecom, MAGIS Creative Spaces, Philippine Mental Health Association (PMHA), and Unilab Foundation.

TAYO Naman! will include:



**Office of the Undersecretary for Administration (OUA)**

*[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers Camp (BTC), Central Security & Safety Office (CSSO)]*

Department of Education, Central Office, Meralco Avenue, Pasig City  
Rm 519, Mabini Bldg; Mobile: +639260320762; Tel: (+632) 86337203, (+632) 86376207  
Email: usec.admin@deped.gov.ph; Facebook/Twitter @depedtavo



Scan this QR Code to view  
Videos and Magazines  
of Major Programs



1. **Online In-depth Session Support Group** which will be conducted **every Wednesday, after work hours from 5:30 to 8:00 PM** (tentative) with selected personnel to facilitate the deepening of the discussion on mental wellness (please see Annex A for more information on the online support group).
2. **Live Sessions** on the discussion of various topics on mental health which will be conducted **every Friday at 8:30 to 10:00 AM** via **DepEd Philippines Facebook** page livestream (please see Annex B for the tentative topics of the TAYO Naman! live sessions and Annex C for the tentative program).

Personnel are invited to join in the online in-depth sessions which will commence on May 19, 2021 and the live sessions which will start on May 21, 2021. Moreover, everyone is invited to join the TAYO Naman! Facebook Group (<http://bit.ly/TAYONamanFB>) for regular updates on the activities and self-care contents.

For further information, please contact Ms. Joan Grace Llamado of the DRRMS at 09700406953 and email at [joan.llumado@deped.gov.ph](mailto:joan.llumado@deped.gov.ph)

For appropriate action.

**ALAIN DEL B. PASCUA**

Undersecretary  
Chairperson, DepEd Task Force COVID-19



OJAD00-0521-00 12  
To authenticate this document,  
please scan the QR Code





## **ANNEX A. Online In-Depth Sessions**

The Online In-depth Sessions will be conducted every Wednesday at 5:30 PM to 8:00 PM starting on May 19, 2021. DepEd Personnel, either teaching or non-teaching who possess the following qualifications are encouraged to join:

- a. With Interest in advocating for Mental Health
- b. Willing to be part of a small group
- c. Have a quiet space in the house to participate in live sessions
- d. Have enough bandwidth to participate in online video calls
- e. Willing to attend two and a half -hour sessions every Wednesday

Interested participants are requested to register through this link:

**<http://bit.ly/TAYONamanSG1>**

Please note that only a limited slot will be provided. Thus, selection would be on a first come, first served basis. The sign up sheet will be opened every session to give opportunity to more personnel to be part of the small group discussion. Sign-up for the first session will be open from **04 May 2021** to **10 May 2021**. The schedule for sign up for the next episodes will be posted online through the **TAYO Naman! Facebook Group (<http://bit.ly/TAYONamanFB>)**, which is open to all DepEd personnel.

The small breakout sessions will be conducted via Zoom and will remain private. DepEd DRRMS will create a safe space where personnel will be free to share their thoughts and emotions while deepening the discussion on mental wellness topics.



**ANNEX B. TAYO Naman! Live Sessions Tentative List of Topics**

| <b>Episode Number</b> | <b>Theme</b>   | <b>Topics</b>  |
|-----------------------|--|--|
| 1                     | <b>Understanding My Well-Being</b>                           | Increasing Self-Awareness to Thrive and Excel in the New Normal                    |
| 2                     |  | Understanding the Psychology of Emotions   |
| 3                     | <b>Examining My Inner Struggles in the Midst of Pandemic</b> | Dealing with Grief and Loss  |
| 4                     |  | Understanding and Managing Common Mental Disorders and other Psychosocial Concerns |
| 5                     |  | Healing from Past Hurts and Traumas  |
| 6                     | <b>Enhancing my Well-Being</b>                               | Resilience through Positive Psychology: Emerging and Keeping up from Adversities   |
| 7                     |  | Practicing Mindfulness to Manage Stress  |
| 8                     |  | Promoting Digital Well-being   |
| 9                     | <b>Enriching my Relationship with Others</b>                 | Strengthening Family Relationships amidst the COVID-19 Pandemic                    |
| 10                    |  | Connecting and Building Healthy Relationships with Co- Workers                     |
| 11                    |  | Providing Empathy and Support in the Time of Physical Distancing                   |
| 12                    | <b>Exploring My Spirituality</b>                             | Being One with the Nature  |
| 13                    |  | Nurturing Spirituality   |
| 14                    |  | Solace and Prayer  |



**ANNEX C. TAYO NAMAN! Live Sessions Tentative Program**

| Schedule                    | Activity                   | Speaker                                       |
|-----------------------------|----------------------------|---|
| Every Friday, 8:30-10:00 AM | Introduction               | Host  |
|                             | Physical Activity/Exercise | Host Division                                 |
|                             | Foreword                   | DepEd Officials and Partners' Representatives |
|                             | Speaker Discussion         | Expert Speaker                                |
|                             | Panel Discussion           | Panelist and Facilitator *                    |
|                             | Synthesis                  | Speaker                                       |
|                             | Final Remarks              | DepEd Officials and Partners' Representatives |

\*From host division



QUAD00-0521-00 12  
To authenticate this document,  
please scan the QR Code

