

DIVISION ADVISORY NO. 182, s. 2025

03 October 2025

*(In compliance with DepEd Order No. 8 s. 2013
this Advisory is issued not for endorsement per DO No. 28, s. 2001
but only for the information of DepEd Officials,
personnel/staff, as well as the concerned public)
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World Mental Health Day (WMHD) 2025 Celebration

World Mental Health Day (WMHD) will be celebrated on **October 10, 2025**. As announced by the **World Federation for Mental Health (WFMH)**, this year's theme is: **"Access to Services: Mental Health in Catastrophes and Disasters."**

In line with this celebration, the Schools Division of Dipolog City encourages schools to conduct meaningful activities that promote awareness, advocacy, and support for mental health.

Recommended activities include, but are not limited to, the following:

- Symposiums and forums on mental health awareness and coping strategies during disasters
- Poster-making and slogan contests highlighting the WMHD theme
- Peer support group activities and classroom-based discussions
- Wellness and mindfulness sessions for learners and teachers
- Showcasing school initiatives that promote mental health programs

Schools and teachers are also encouraged to integrate the WMHD theme into classroom discussions and related curricular activities. The suggested activities above may be adopted, but the SDO and schools are likewise free to implement their own initiatives aligned with the WMHD theme.

Additionally, schools must submit a **Post Activity Report** after every activity to the Division Mental Health Focal, detailing their activities, outcomes, and any challenges faced during the implementation process.

Immediate and widest dissemination of this Advisory is highly desired.

For inquiries and clarifications, kindly contact:

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