

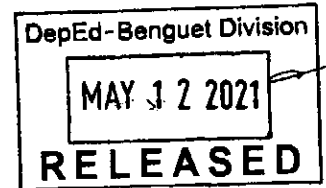


Republic of the Philippines
Department of Education
Schools Division of Benguet

May 12, 2021

DIVISION MEMORANDUM

No. 167, s. 2021



TO: All SDO Personnel
Public Schools District Supervisors/Districts-in-charge
All School Heads
Public and Private Schools

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

1. As part of DepEd's response to the COVID-19 pandemic, various online learning activities to provide Mental Health and Psychosocial Support to learners, personnel and parents, in partnership with the Psychological Association of the Philippines (PAP).
2. 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**. TAYO Naman! will include:
 - a) **Live Sessions** on the discussion of various topics on mental health which will be conducted every **Friday at 8:30 to 10:00AM via DepEd Philippines Facebook Page livestream**. (see attached tentative topics);
 - b) **Online in-depth Session Support Group** which will be conducted every **Wednesday, after work hours from 5:30 to 8:00PM (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).
3. All DepEd Benguet personnel are highly encouraged to participate in the online in-depth sessions which will commence on May 19, 2021 and the live session which will start on May 21, 2021. Moreover, School Information Coordinators are instructed to share the Live Sessions in their schools' official FB Page/Account in order to reach a wider audience.
4. For widest dissemination and compliance.

GLORIA B. BUYA-AO
Schools Division Superintendent

Encl.: As stated

References: DTF-COVID19 Memorandum No. 385, s. 2021



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Facebook Page: DepEd Tayo Benguet

TAYO NAMAN!
Integrity | Ethics | Accomplishment | Justice | Advancement | Virtues | Excellence



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

Episode Number	Theme	Topics
1	Understanding My Well-Being	Increasing Self-Awareness to Thrive and Excel in the New Normal
2		Understanding the Psychology of Emotions
3	Examining My Inner Struggles in the Midst of Pandemic	Dealing with Grief and Loss
4		Understanding and Managing Common Mental Disorders and other Psychosocial Concerns
5		Healing from Past Hurts and Traumas
6	Enhancing my Well-Being	Resilience through Positive Psychology: Emerging and Keeping up from Adversities
7		Practicing Mindfulness to Manage Stress
8		Promoting Digital Well-being
9	Enriching my Relationship with Others	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	Exploring My Spirituality	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



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