

PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

18 East Avenue P.O. Box 1040 Quezon City 1100, Philippines
MEMBER: WORLD FEDERATION FOR MENTAL HEALTH

October 5, 2022

GLORIA B. BUYA-AO
Schools Division Superintendent
Department of Education - CAR
Schools Division of Benguet

Dear Ms. Buya-ao:

Greetings from the Philippine Mental Health Association, Inc. (PMHA)!

Every second week of October, PMHA spearheads the activities of the National Mental Health Week. This October 10 to 14, PMHA will conduct programs and activities in line with the World Mental Health Day 2022 global theme of the World Health Organization: **"Make mental health & well-being for all a global priority."** These will highlight the crucial role of various institutions, stakeholders, communities and mental health advocates to the increasing investment and prioritization towards mental health initiatives across all sectors.

After an illuminating success during the 2020-2021 National Mental Health Week, PMHA will again conduct the **"Light Up Blue for Mental Health!"** Campaign in its third year. We would like to collaborate with your institution for this activity as we use the color blue as a symbol of serenity, peace and calmness during these difficult times of the pandemic.

In relation to this, we would like to request your office and the schools under your division to:



- Light up your facades blue on October 10, 2022 (Monday), 7:00 PM-8:00 PM
- Signify your support for the promotion of the mental health and well-being of our fellow Filipinos
- Option: Aside from your institution's facades, you can also light up other blue paraphernalia and encourage your stakeholders to wear something blue

In addition, kindly send us a video and still photos of the lighting so we can compile them together with the other institutions that participated. In exchange, we will include your institution's logo in all our publication materials for all our activities the whole week and we will be featuring your organization's initiative in our social media accounts starting October 10, World Mental Health Day.

Attached is the list of some of the 2020-2021 #LightUpBlueforMentalHealth participants for reference. We believe that, together, we can harness great health advocacy.

Thank you very much and I am looking forward to
sincerely yours,


DR. CAROLINA UNO-RAYCO, RGC, RPSY
National Executive Director

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| <p style="text-align: center;"> Republic of the Philippines Department of Education Schools Division of Benguet</p> <p>TO: Public Schools District Supervisors Public Elementary and Secondary School Heads All Others Concerned</p> <p>For information, dissemination and strict compliance.</p> <p style="text-align: right;"> GLORIA B. BUYA-AO Schools Division Superintendent</p> |
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[REF#470/PMHA/EARD/IEA/NMHW/LETTERS_AUGUST 31, 2022]

Landline: 8921-20-93 · 8928-69-30 | Telefax: 8924-92-97
Mobile: 0917-565-2037 · 0917-565-2036 · 0917-635-5362

 /PMHAofficial



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Attached is the list of some of the 2020-2021 **#LightUpBlueforMentalHealth** participants for reference. We believe that, together, we can harness greater efforts and contributions for the cause of mental health advocacy.

Thank you very much and I am looking forward to your favorable response regarding this request. Most sincerely yours,


DR. CAROLINA UNO RAYCO, RGC, RPSY
National Executive Director

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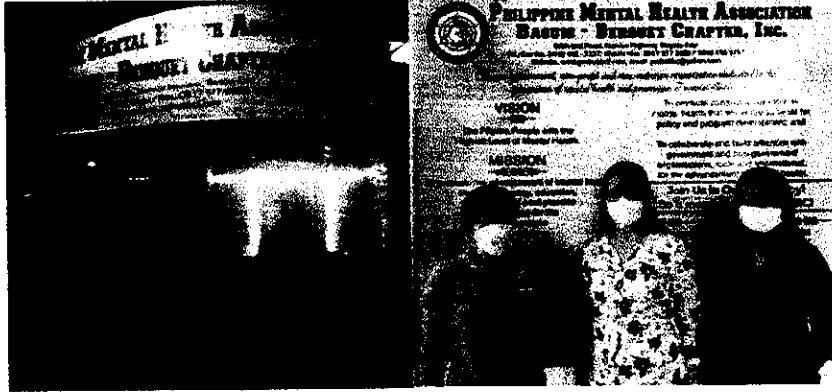
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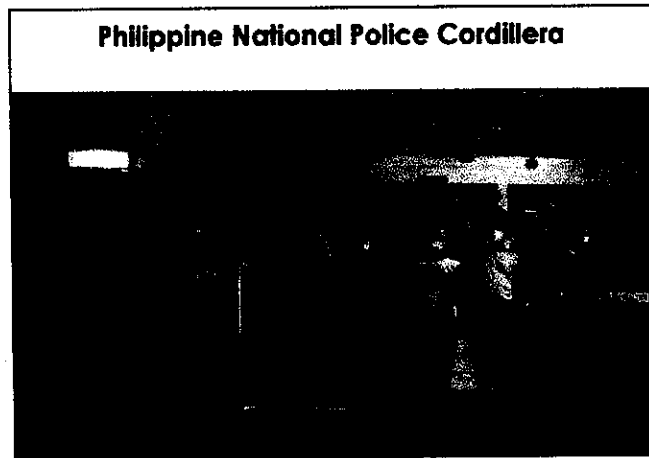
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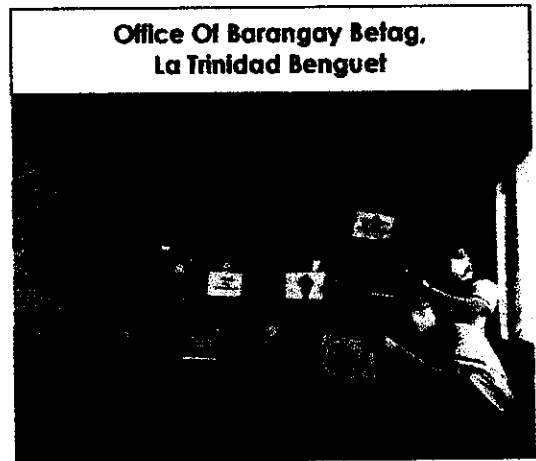
Some of our 2020-2021 #LightUpBlueforMentalHealth Participants:



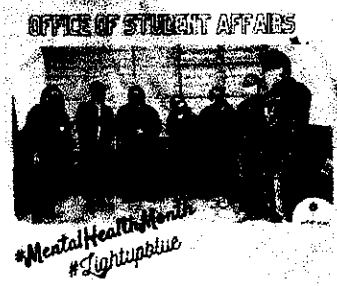
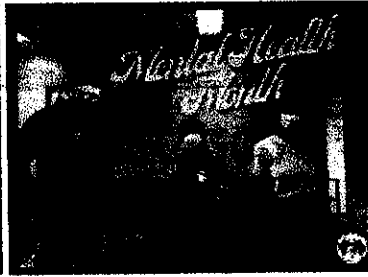
**PHILIPPINE MENTAL HEALTH
CORDILLERA CHAPTER INC.**



Philippine National Police Cordillera



**Office Of Barangay Betag,
La Trinidad Benguet**



**Saint Louis University Office Of Student Affairs And
Guidance Centers Of The University**

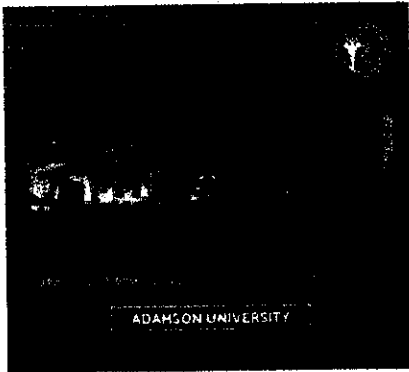
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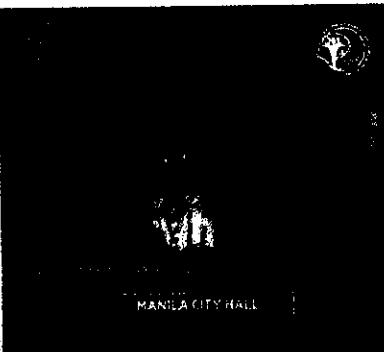
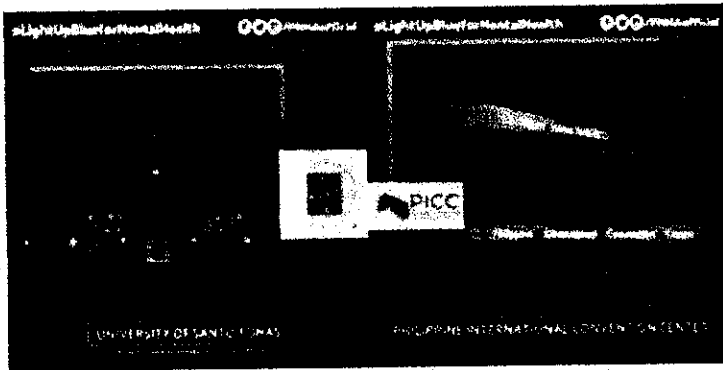
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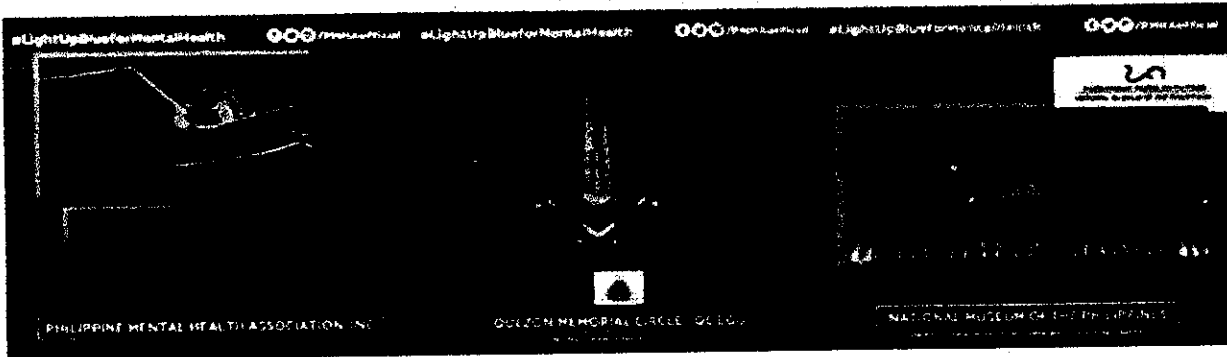
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