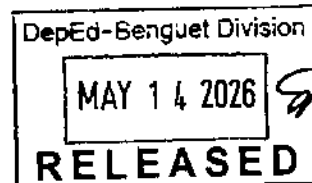




Republic of the Philippines  
**Department of Education**  
**Cordillera Administrative Region**  
**Schools Division of Benguet**



14 May 2026

**DIVISION MEMORANDUM**

No. 191, s. 2026

**MENTAL HEALTH LITERACY FOR TEACHERS - BATCH 1**

TO: School Governance and Operations Division  
Public Elementary and Secondary School Heads  
All Others Concerned

1. The Department of Education (DepEd) has significantly shifted its stance on mental health literacy, moving from general "awareness" to a legal mandate for comprehensive training. In support to this and the Republic Act No. 12080 otherwise known as The Basic Education Mental Health and Well-Being Promotion Act, this Office enjoins all identified employees (Enclosure 1) to participate in the professional development initiative at **Calajo Food House Function Hall, Km. 6, La Trinidad, Benguet on May 19-21, 2026, from 7:30 a.m. to 5:00 p.m.**

2. This activity is designed to enhance participants' mental health awareness and by blending theoretical knowledge with practical interventions, it equips teachers to support learners in facing mental health challenges while fostering a deeper understanding of how to manage their own well-being.

3. All teacher-participants who confirmed their voluntary participation to this activity shall be granted 1.5-day Vacation Service Credits (VSC) per eight (8) hours of rendered services, inclusive of the maximum limitation under DepEd Order no. 13, s. 2024.

4. This Memorandum shall serve as Authority to Travel on Official Business of all identified participants, Program Management Team, and the Resource Speakers.

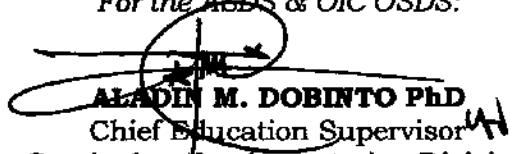
5. Meals and snacks shall be chargeable against 2026 HRTD fund, while traveling expenses shall be chargeable against local funds subject to the accounting and auditing rules and regulations.

6. Immediate dissemination of this memorandum is highly directed.

**CARMEL F. MERIS**

Assistant Schools Division Superintendent  
Officer In-Charge  
Office of the Schools Division Superintendent

For the ASDS & OIC OSDS:

  
**ALADIN M. DOBINTO PhD**  
Chief Education Supervisor  
Curriculum Implementation Division

**Enclosure 1. PARTICIPANTS****Mental Health Literacy for Teachers Batch 1 (May 19-21, 2026)**

@ Calajo Food House, Km. 6, La Trinidad, Benguet

No.	District	Name	School Assignment
1	Atok	Marjorie Miliano Kidao	Dalmacio Miguel Primary School
2	Bakun	Benjamin G. Degsi	Ampusongan NHS
3	Bakun	Merial Bawas Appad	Bagu Integrated School
4	Bakun	John Labintas Sanggawa	Mateo Balsaoen Elementary School
5	Bakun	Jenelyn Bawas Pinmiliw	Palidan Integrated School
6	Bakun	Jennie Lyn A. Pediten	Palidan IS
7	Bakun	Rosita M. Lozano	Palidan IS
8	Bokod	Leahn Semino Santiago	Ambangeg National High School
9	Bokod	Giselle P. Botioay	Ambangeg National High School
10	Bokod	Juna Edio Alex	Ambangeg National High School
11	Bokod	Carlyn Sinas Goyo	Ambuklao Elementary School
12	Bokod	Marisa Oyto Bayeng	Ambuklao National High School
13	Bokod	Debbie Atiwag Mayomis	Banao Elementary School
14	Bokod	Michelle Irene A. Antonio	Bangen Elementary School
15	Bokod	Shara Jane P. Ramirez	Bokod National High School
16	Bokod	Dianette Rose C. Busilan - Alunit	Daklan National High School
17	Bokod	Anabel Kitan Baliag	Palansa Elementary School
18	Bokod	Jane Agustin Modi	Poodan ES
19	Buguias	Arrienne Masa Damilo	Bad-ayan Integrated School
20	Buguias	Caselene B. Lacaden	Bad-ayan Integrated School
21	Buguias	Marissa Pilay Ansibey	Bad-ayan Integrated School
22	Buguias	Evelyn P. Daniel	Bot-oan Elementary School
23	Buguias	Thelany Aglayan Bagayao	Cabutotan Elementary School
24	Buguias	Fe Sagayo Lingbanan	Catlubong National High School
25	Buguias	Dionesia B. Piaga	Gatawa C. Dontogan IS
26	Buguias	Andrelyn B. Gayudan	Labinio-Acquisio ES
27	Buguias	Clevelene Mating Mariano	Labinio-Mariano Elementary School
28	Buguias	Marie Per-Ayen Pangowen	Lam-ayan Integrated School
29	Buguias	Deborah G. Lindaoan-Denio	Lam-ayan Integrated School
30	Buguias	Janice Dampilag Domingo	Lengaoan-Waking Integrated School
31	Buguias	Jelbes Sagada Bayawa	Loo National High School
32	Buguias	Filver M. Segundo	Loo NHS
33	Buguias	Marclair Baldaen Marcelo	Pasbol-Belino Elementary School
34	Buguias	Sheena Mae Buyagan Satol	Pasdong Elementary School
35	Buguias	Joan Domase Agyapas	Sinipsip Elementary School
36	Buguias	Manuel Pataras Andres	Sinipsip National High School
37	Buguias	Sorex Bangkili Liwan	Sinipsip National High School
38	Buguias	Linda II P. Bacquian	Sinipsip National High School
39	Itogon I	Hariette C. Ponte	Botic Elementary School
40	Itogon II	Angel C. Ignacio	Acupan Elementary School
41	Itogon II	Krishna Amor N. Cabansi	Goldfield Elementary School
42	Itogon II	Gina P. Viteno	Goldfield ES

43	Itogon II	Beverly Ballocan Segundo	Manganese Integrated School
44	Itogon II	Cherry Mae G. Sinopen	Manganese Integrated School
45	Itogon II	Irene B. Catanes	Manganese Integrated School
46	Itogon II	Johndee F Sapalong	Manganese Integrated School
47	Kabayan	Oddre Vicente	Ballay Integrated School
48	Kabayan	Berna Bugtong Gamotlong	Kamora National High School
49	Kibungan	Dindin S. Lilew	Palina Integrated School
50	La Trinidad	May Joy Edic Tenias	Benguet National High School
51	Mankayan	Marie Creal B. Tallawan	Balili National High School
52	Mankayan	Armelinda Lamo-oy Naoyad	Cabiten National High School
53	Mankayan	Lianda Lambino Patawang	Cabiten National High School
54	Mankayan	Lily Lingyasan Landisan	Cabiten National High School
55	Mankayan	Gina A. Sad-Ayan	Cabiten National High School
56	Mankayan	Roberto Caswang	Mankayan National High School
57	Mankayan	Janice D. Valentine	Marivic Elementary School
58	Tuba	May- Ann A. Anaydos	Batuan Elementary School
59	Tuba	Lani L. Bilalay	Batuan Elementary School
60	Tuba	Cynde Tolabis Tacap	Kabuyao Elementary School
61	Tuba	Julie W. Osting	Kabuyao Elementary School
62	Tuba	Jhamella Segundo Tuga-Ac	Nangalisan Elementary
63	Tuba	Julia Berto Sito	Nangalisan Elementary
64	Tuba	Fralyn S. Amistad	Taloy Sur National High School
65	Tuba	Meriam Quitle Matda	Torre Elementary School
66	Tublay	Eufralyn B. Celino	Baayan Elementary School
67	Tublay	Fillian Faith B. Ticque	Balangabang Elementary School
68	Tublay	Berlyn Grace C. Quinuan	Becday Chasoras Lamsis Es
69	Tublay	Lorma D. Kimpa-oy	Ciriaco Magno Es
70	Tublay	Amy B. Bandiwan	Dackias Elementary School
71	Tublay	Jerlyn T. Mano	Langbis Primary School
72	Tublay	Hazel C. Velasco	Palew Elementary School
73	Tublay	Jayferd T. Pulac	Palew Elementary School
74	Tublay	Christian Keith T. Soriano	Pontino Elementary School
75	Tublay	Salvacion B. Torres	Tublay Central Elementary School
76	Tublay	Sharmaine G. Dulnuan	Tublay Central Elementary School
77	Tublay	Rebecca R. Pangaliman	Tublay National Trade Hs
78	RP	Ylona Veronica A. Bayod	
79	PMT (Inspectorate team Member)	Karren Gaqui, Nurse II	
80	PMT (Inspectorate Team Member)	Reina Gaea Duyao, Nurse II	
81	PMT (Inspectorate Team Member)	Nerissa I Barbosa	EPS II
82	PMT	Xylene Grail Kinomis	SEPS