



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

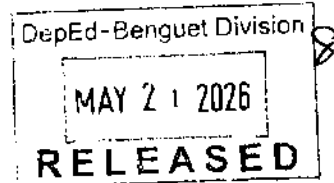
20 May 2026

DIVISION MEMORANDUM

No. 193, s. 2026

Mental Health Literacy for Teachers Batch 2

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, KM6, La Trinidad, Benguet on May 25-27, 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 days' 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 *CM*
Assistant Schools Division Superintendent
Officer In-Charge
Office of the Schools Division Superintendent

Enclosure 1. PARTICIPANTS

Mental Health Literacy for Teachers Batch 1 (May 25-27, 2026)

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

No.	DISTRICT	NAME	SCHOOL	POSITION
1	Atok	Rafalyn Canuto Rufino	Toplac EIS	Teacher II
2	Bakun	June P. Mendoza	Palidan IS	Teacher I
3	Buguias	Emily P. Mayon	Abatan ES	Teacher VI
4	Buguias	Marjorie Sabyat Saga-eng	Alapang ES	Teacher III
5	Buguias	Melbeth Sabyat Basanio	Lengaoan -Waking IS	Master Teacher II
6	Buguias	Basilica Gaewen Cotiw-an	Lengaoan-Waking IS	Teacher II
7	Buguias	Almyra,Nagayos,Baiwes	Loo Elementary School	Teacher-VI
8	Itogon I	Teresita P Ngayawon	AMPMNHS	Teacher VI
9	Itogon II	Beverly Banget-Busacay	Dalicno ES	Teacher VI
10	Itogon II	Lyra P. Banglo	Manganese IS	Teacher VI
11	Kabayan	Gemma D. Pacliwan	Abucot IS	Teacher I
12	Kabayan	Hazlene P. Biadno	Abucot IS	Teacher IV
13	Kabayan	Joel Baltazar Samuel	Adaoay NHS	Teacher III
14	Kabayan	Fae Jaye M. Amado	Bio B. Modol ES	Teacher III
15	Kabayan	Darlene P. Bungsal	Mount Pulag ES	Teacher I
16	Kapangan	Raquel Batawa Acpas	Baguionas ES	Teacher I
17	Kapangan	Jema Ruth D. Buen - Amado	Cayapes ES	Teacher I
18	Kapangan	Marilou A. Gamboa	Cuba Elementary School	Teacher III
19	Kapangan	Andrea B. Pacio	Gadang IS	Teacher III
20	Kapangan	Maritess B. Ogas	Gaswiling IS	Teacher IV
21	Kapangan	Clydin A. Tam-awen	Sagubo ES	Teacher I
22	Kapangan	Naja Lyn T. Coilan	Taba-ao IS	Teacher II
23	Kapangan	Alicia A. Pelitan	Tadayan ES	Teacher VI
24	Kibungan	Rhea Atam Olman	Enrique Jose ES	Teacher III
25	Kibungan	Asuncion Dela Cruz	La Trinidad CS	Teacher II
26	Kibungan	Lucille B. Angel	Mocgao IS	Teacher III
27	Kibungan	Martha W. Tabon	Mocgao IS	Teacher IV
28	Kibungan	Mizraim May-os Embong	Mocgao IS	Teacher III
29	Kibungan	Rhea Acosta Jose	Mocgao IS	Teacher I
30	Kibungan	Jenifer C. Ce-ing	Sabdjat Primary School	Teacher VI
31	La Trinidad	Jerlyn F. Pi-ay	Balukas ES	Teacher II
32	La Trinidad	Christine Raymundo Cortes	Benguet NHS	Teacher VI
33	La Trinidad	Johannie B. Tacio	Benguet NHS	Teacher VI
34	La Trinidad	Muriel V. Watawat	Longlong ES	Teacher III
35	La Trinidad	Maricris N. Ortiz	Pico Elementary School	Teacher III
36	La Trinidad	Maritis C. Baybay	Puguis ES	Teacher IV
37	La Trinidad	Charlene L. Coilan	Tawang IS	Teacher IV
38	Mankayan	Teofila C. Dalligue	Am-am ES	Teacher III
39	Mankayan	Elma Buyagan Biniasan	Balili NHS	Teacher III

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40	Mankayan	Vilma Ganga-ey Tuguinay	Ca-ew ES	Teacher VI
41	Mankayan	Gina Acyadan Sad-ayan	Cabiten NHS	Teacher III
42	Mankayan	Ellen B. Gano	Dagadag Primary School	Teacher VI
43	Mankayan	Mary Grace P. Quitor	Lepanto NHS	Teacher II
44	Mankayan	Rhea Joy G. Cayatoc	Lepanto NHS	Teacher II
45	Mankayan	Russel M. Caytap	Lepanto NHS	Teacher I
46	Mankayan	Starleene C. Alafag	Lepanto NHS	Guidance Associate
47	Mankayan	Annalyn B. Cudli	Mankayan NHS	Teacher II
48	Mankayan	Brenda D. Pago	Mankayan NHS	Teacher III
49	Mankayan	Jeffrey M. Pidlao	Mankayan NHS	Teacher II
50	Mankayan	Nova Grace A. De Los Reyes	Mankayan NHS	Teacher I
51	Mankayan	Jessa C. Ganipac-Bognalen	Mogao Integrated School	Teacher III
52	Mankayan	May Ann A. Matias - Ignacio	Pacda ES	teacher II
53	Mankayan	Mayline S. Dulinen	Paco Elementary School	Teacher VI
54	Mankayan	Hyde T. Gomez	Suyoc ES	Teacher IV
55	Sablan	Daphny T. Esero	Sablan Central School	Teacher III
56	Sablan	Raponsei S. Pacsi	Sablan NHS	Teacher VI
57	Sablan	Annalyn B. Bahol	Talete Multi-grade School	Teacher V
58	Sablan	Pearl J. Kiw-an	Talete Multi-Grade School	Teacher V
59	Sablan	Glenda C. Pal-ang	Yabyabuan MGS	Teacher II
60	Tuba	Ordenia A. Laruan	Salpang ES	Teacher IV
61	Tuba	Jemima P. Todse - Nabus	San Pascual ES	Teacher IV
62	Tuba	Rona Lea Gacusan Kitan	Tagadi Housing ES	Master Teacher I
63	Tuba	Joyce Binay-an Cabson	Tuba Central School	Teacher III
64	Tuba	Leny Joy L. Tereng	Tuba Central School	Teacher IV
65	Tuba	Rubilyn M. Acop	Yagyagan ES	Teacher IV
66	Tublay	Judith S. Marino	Becday Chasoras Lamsis ES	Master Teacher II
67	Tublay	Mary-kris Dulagan Ofiaza	Becday Chasoras Lamsis ES	Teacher I
68	Tublay	Carmela Libag Ansiong	Becday chasoras Lamsis ES	Teacher III
69	Tublay	Elsie Balcac Gavino	Palew ES	Teacher III
70	Tublay	Marivic Tamang Batil	Palew ES	Teacher VI
71	Kabayan	Julie Soping Buyagan	Kamora NHS	Teacher VI
72	Kabayan	Lowena P. Bay-An (Science)	Kamora NHS	Teacher II
73	La Trinidad	Angie Lyn D. Baaten	Eastern La Trinidad NHS	Teacher I
74	Tublay	Lani C. Digo	Tublay Central ES	Teacher V
75	Tublay	Sheena C. Sipol	Tublay Central ES	T-II
76	La Trinidad	Luisa A. Lipawen	Eastern LTNHS	III
77	Itogon I	Jhonna R. Posedio	Loacan NHS	SST I
78	RP	Ylona Veronica A. Bayod		
79	PMT	Yvette B. Abance		
80	PMT	Ismael Clemente		