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Republika ng Pilipinas

Kagawaran ng Edukasyon

Tanggapan ng Pangalawang Kalihim

OUA MEMO 00-0920-0094

MEMORANDUM

08 September 2020

To: **Undersecretaries
Assistant Secretaries
Regional Directors and BARMM Education Minister
Bureau and Service Directors
Schools Division Superintendents
School Health and Nutrition Personnel
School Heads**

Subject: **WORLD SUICIDE PREVENTION DAY 2020**

In recognition of the World Suicide Prevention Day, the Department of Education (DepEd), through the Bureau of Learner Support Services - School Health Division (BLSS-SHD) and the Public Affairs Service (PAS), in coordination with other concerned units at the Central Office, will hold online activities on September 10, 2020 to spark conversations on how individuals can be involved in suicide prevention.

The online activities will promote two resources related to suicide prevention available to the public, namely, the Suicide First Aid Guidelines for the Philippines—"designed to help members of the public to provide first aid to someone who is at risk of suicide"¹—and the National Center for Mental Health (NCMH) Crisis Hotline which "provides assistance on a 24 hours, seven day a week basis for free to individuals with mental health problems, especially those who are in crisis and at risk of committing suicide."²

Throughout the day, posts promoting these resources will be shared on the DepEd Philippines Facebook page, including a post in the morning soliciting questions related to suicide prevention. Mental health experts from the NCMH, AWIT Foundation, and the Philippine Guidance and Counseling Association (PGCA) have been invited to reply to the questions in the comments section. A **virtual conversation** will also be facilitated at **5:00 pm** with the same mental health experts to discuss some of the most-pressing questions.

¹ <https://www.mhinnovation.net/resources/suicide-first-aid-guidelines-philippines>

² <https://www.facebook.com/ncmhcrisishotline/>



Office of the Undersecretary for Administration (OUA)

Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers' Camp (BTC), Central Security & Safety Office (CSSO)

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Time	Online Post/Activity
11:00 am	Post soliciting questions about suicide prevention and suicide first aid
01:00 pm	Post about the NCMH Crisis Hotline
03:00 pm	Post about the Suicide First Aid Guidelines for the Philippines
05:00 pm	<p>Virtual conversation on suicide prevention and suicide first aid</p> <p><i>05:00-05:10 Opening</i></p> <p><i>05:10-05:55 Virtual Conversation</i></p> <p>Agnes Joy Casino, RPh, MD, DSBPP <i>National Center for Mental Health</i></p> <p>Dinah Palmera Nadera, MD <i>Foundation AWIT</i></p> <p>Francis Ray Subong, RGC <i>Philippine Guidance and Counseling Association</i></p> <p><i>05:55-06:00 Closing Message</i></p>
08:00 pm	A post of prayer of thanksgiving and encouragement

The technical assistance of the Information and Communications Technology Service is requested for the conduct of the virtual conversation. All other offices concerned are enjoined to promote and participate in the said online activities.

For more information, contact **Mr. Gian Erik Adao**, Education Program Specialist II, BLSS-SHD, at (02) 8632-9935 or through email at schoolmentalhealth@deped.gov.ph.

For information and dissemination.



ALAIN DEL B. PASCUA
 Undersecretary



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