



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF DAVAO DEL NORTE

Office of the Schools Division Superintendent

October 9, 2023

DIVISION MEMORANDUM
No. 0386, s. 2023

WELLBEING HOUR – FREE MENTAL HEALTH SERVICES EXCLUSIVE FOR DEPED DAVAO DEL NORTE LEARNERS AND PERSONNEL

To: Assistant Schools Division Superintendent
Chief, Curriculum Implementation Division (CID)
Chief, Schools Governance and Operations Division (SGOD)
Education Program Supervisors (EPS)
Public School District Supervisors (PSDS)
Division Section Heads
School Heads – Public and Private Elementary, Secondary, and Integrated Schools
All others concerned

1. This Division recognizes the importance of promoting mental health and well-being among personnel and learners. Positive mental health helps employees and learners remain agile even with the challenges or changing demands at work or school. Also, talking to a psychologist can help people identify problems and how they can effectively cope with them, change unhealthy habits or lifestyles, and constructively manage situations beyond their control.
2. With that, all DepEd Davao del Norte learners and personnel can avail of a **free** psychological consultation and therapeutic interventions with Mary Kristine C. Sagot, a Registered Psychologist through the **Wellbeing Hour, Monday to Friday, every 3:00pm – 4:00pm.**
3. The activity is aimed at ensuring promotion of positive mental health and resilience in the workplace and in schools, supporting employees and learners experiencing mental health problems, as well as bridging gaps in access to mental health and psychosocial support services.
4. To avail the services, interested individuals may book an appointment through <https://tinyurl.com/ddnWellbeingHour> or scan QR code in the attached IEC. An email will be sent to confirm appointments.
5. Services shall be provided mainly through online consultation. However, if deemed necessary, a face-to-face consultation may be conducted provided that necessary arrangements must be made to ensure continued delivery of services and no disruption of classes. Also, learners who shall avail the services must be endorsed by their respective guidance counselor or guidance coordinator by facilitating the online booking of appointment and by securing a written informed consent from their parents or legal guardians.
6. It is further advised that referrals to other agencies for psychological testing and psychiatric services are not included in the free services.
7. In addition, the Wellbeing Hour is not a 24/7 crisis hotline. Hence, in case of emergency or immediate crisis intervention, please contact the DavNor 911 or the National Center for Mental Health crisis hotlines. More details are included in the attached IEC for reference and guidance.
8. For queries, please email ddnwellbeinghour@gmail.com or contact through mobile number 09177105438.

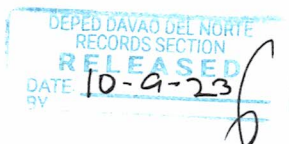
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Address: Mankilam, Tagum City, Davao del Norte
Telephone Number: (084) 216-6742 | Telefax (084) 216-6506
Website: www.depeddavnor.ph | Facebook: DepEd Davao del Norte

9. Everyone is enjoined to continually support and recognize the value of equality and diversity in adherence to the Equal Opportunity Principle (EOP).
10. For wide dissemination.

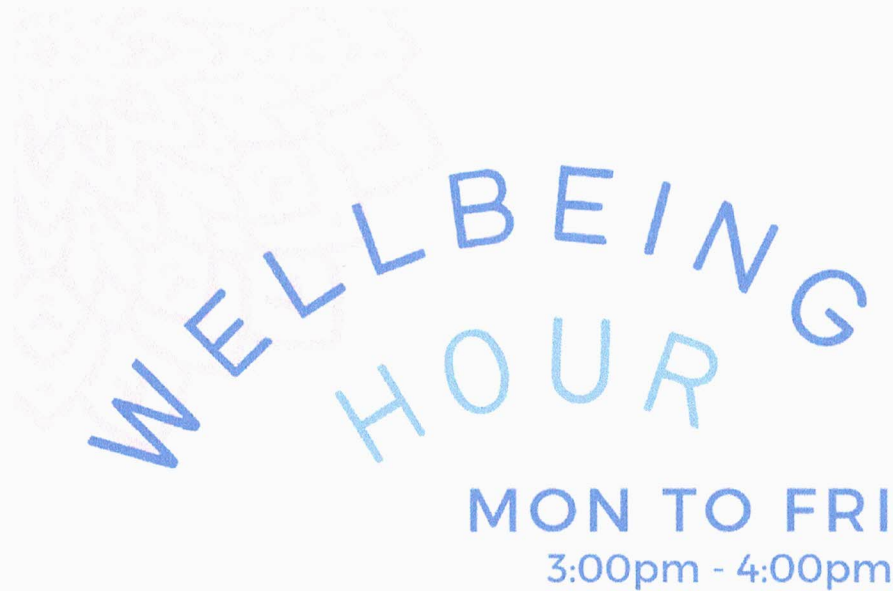
REYNALDO B. MELLORIDA, CESO V
Schools Division Superintendent 





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mental health services exclusively for DepEd DavNor personnel and learners

Book a free
consultation.

[https://tinyurl.com/
ddnWellbeingHour](https://tinyurl.com/ddnWellbeingHour)



Please note that this is not a 24/7 hotline.

In case of emergency, or if you think your life or someone else's life is in danger, please call DavNor 911/ 112 / 09088132007.

Source: PDRRC DavNor

For 24/7 mental health crisis support, contact the National Center for Mental Health (NCMH) Crisis Hotline

SMART/ TNT: 0908-639-2672

GLOBE/ TM: 0966-351-4518;

0917-899-8727 (USAP)

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

Your wellbeing matters.

Email: ddnwellbeinghour@gmail.com



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