



Republic of the Philippines
Department of Education

REGION XIII – CARAGA
SCHOOLS DIVISION OFFICE OF SURIGAO CITY



November 25, 2020

DIVISION MEMORANDUM
NO 24 s. 2020

VIRTUAL SEMINAR ON NEW APPROACH TO MENTAL HEALTH AWARENESS

TO: Assistant Schools Division Superintendent
Chief, Curriculum Implementation Division
Chief, Schools Governance & Operation Division
Public Schools District Supervisors
Elementary and Secondary School Heads
SPG/SSG Advisers
Guidance Support Staff
This Division

1. Please be informed that there will be a Virtual Seminar titled “**New Approach to Mental Health Awareness**” with the theme: *It's Okay Not To Be Okay* initiated by the National Youth Commission to be conducted on **November 28-30, 2020 via Zoom and FB Live at 2:00 PM to 5:00 PM.**
2. The Participants that are enjoined to attend this Virtual Seminar are the following:
 - a. Division Youth Formation Coordinators
 - b. Division Guidance Coordinator
 - c. Supreme Student Government Advisers
 - d. Supreme Pupils Government Advisers
 - e. Guidance Support Staff of both Elementary and Secondary Public Schools
 - f. Mental Health Advocates of both Elementary and Secondary Public Schools
 - g. SSG Presidents of all Secondary Public Schools

3. The Participants may use the following information to gain access with Zoom:

Zoom ID: 998 218 0894

Passcode: 2020

Zoom Link:

<https://us02web.zoom.us/j/9982180894?pwd=UHZEeVI0RkZ4S3I5QjE5eUx1a0Fadz09>

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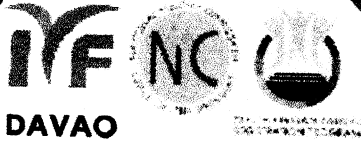
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4. Attached are the Letter of Invitation, Content of the Program, and Program Flow.
5. Wide and immediate dissemination of this memorandum is highly recommended.
6. For your information, guidance and compliance.

KLG
KAREN L. GALANIDA, PhD, CESO VI
Schools Division Superintendent

KLG/jgp
11/25/2020





November 20, 2020

KAREN L. GALANIDA
Schools Division Superintendent
Department of Education
Division of Surigao City

**LETTER OF INVITATION FOR
NEW APPROACH TO MENTAL HEALTH AWARENESS**

Dear Ma'am Galanida,

Warmest Greetings from IYF Davao!

The International Youth Fellowship – Davao is a global organization that is YORP registered at National Youth Commission and dedicated to the spiritual, intellectual, and emotional growth of young people around the world. Through proprietary programs, events, and practical opportunities, we aim to mold the holistic development of every individual and for them to transcend beyond their limitations.

Due to the COVID-19 pandemic, a number of people are suffering from mental health problems for the reason that the lockdown is imposed in the community and some leads to suicide which are alarming and needs to be addressed. In lieu with this, the International Youth Fellowship Davao will conduct a Virtual Seminar entitled **New Approach to Mental Health Awareness** featuring and having the theme of **"It's Okay to Not be Okay"** that will discuss the current situation of the mental health issues and the effect of the Pandemic in the Philippines. **This will be on November 28 to 20, 2020 from 2PM to 5PM via Zoom and Facebook Live.**

More so, we would like to invite the **SSG officers, club officers, junior and senior high school students, youth formation head and other interested students and teachers** of the school to be part of this life changing event. This event is **100% free** and **e-certificates** will be given to those who completed their attendance in the event. Attached with this letter are the NYC Advisory, Poster and Event Manual for your reference. For any concern and queries, you may reach this number 0995-021-0696 or email iyfmindanao@gmail.com or you can visit our Facebook Pages (IYF Mindanao).

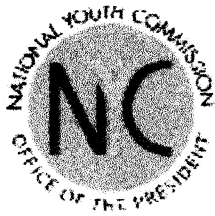
Thank you for your favorable response regarding this matter. Hoping that you will merit our invitation and together will spread hope to the future leader of this generation. May God bless you always.

Sincerely yours,

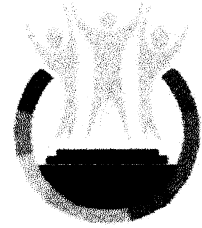

Efresela Leer B. Mejia
IYF Davao President

Noted by:


Gichun "Samuel" Cho
General Secretary, IYF Philippines



Office of the President of the Philippines
National Youth Commission
"The Voice and Advocate of the Youth"



YOUTH ORGANIZATION REGISTRATION PROGRAM

ADVISORY

No. 23, series of 2020

SUBJECT: IT'S OKAY NOT TO BE OKAY

DATE: November 7, 2020

The **International Youth Fellowship-Davao**, will conduct a new virtual approach of mental health awareness event called **"IT'S OK NOT TO BE OKAY"** this **November 28-30, 2020** at 2:00PM for the Davao Youths and other youth in the nearby regions.

The program is designed to address mental health issues and provide solutions to overcome despair, problems, fear and worry. IYF is a Christian based-global youth initiative organization that pioneered and founded in 2017.

For more information, you may coordinate with the IYF Davao President at 0995 021 0696 and at email tomorrowdavao@gmail.com

This advisory is issued by the Commission in accordance with guidelines established by the YORP. To the fullest extent permitted by applicable laws, the NYC, its officers and personnel, exclude and disclaim any liability for loss of life, injury, other losses and expenses of whatever nature arising in connection with this advisory.

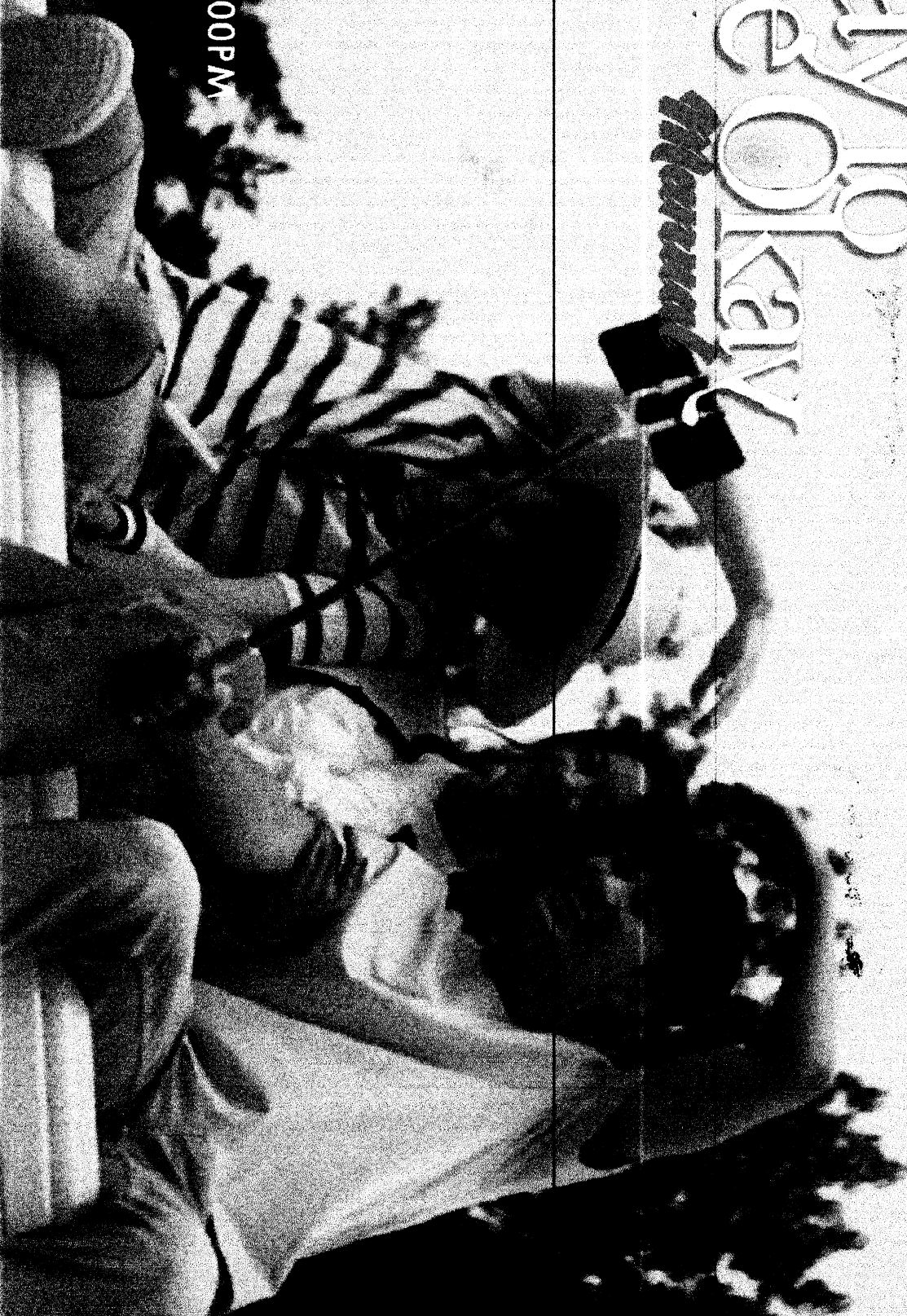
RYAN R. ENRIQUEZ
Chairperson and CEO
National Youth Commission

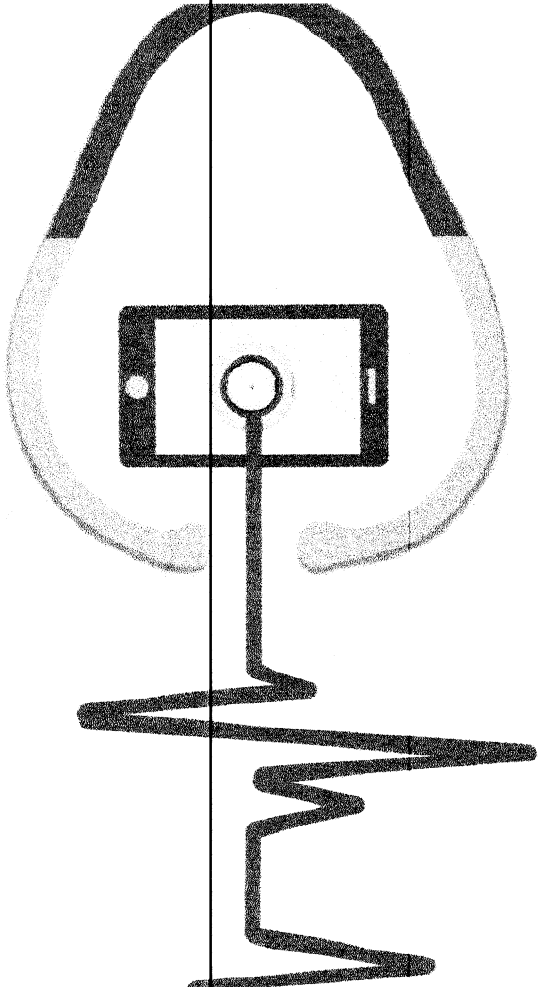
HEAVENLY CREATIONS BY THE BIBLE SOCIETY

It's Okay to Not Be Okay

November 28

November 28 – 30 | 2:00PM
Zoom ID: 998 218 0894





Mental Health Awareness
It's Okay Not to be Okay

Content of the Program

01 Mental Health Lectures

Lectures focus on how we can overcome the effect of the current pandemic.

02 Recreational Activity

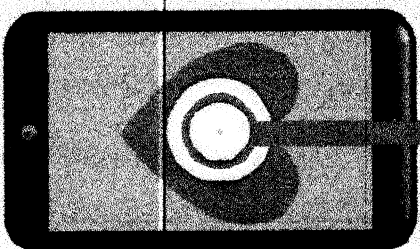
Young people will enjoy the activity of playing sports, going to the gym, connecting and socializing by the poolside.

03 Performances

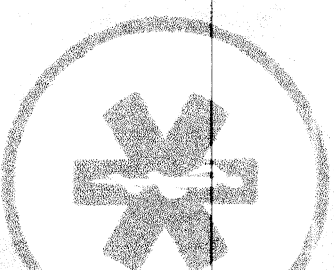
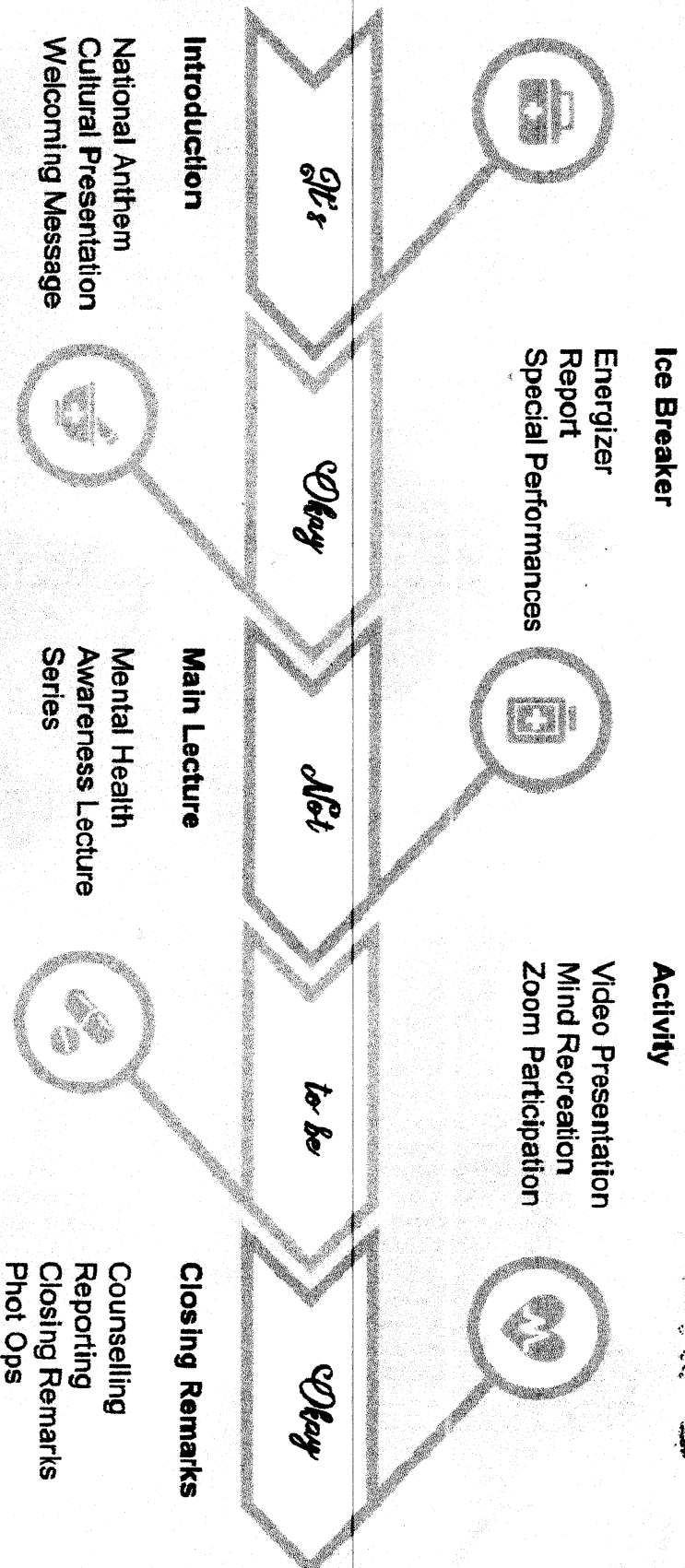
Events will feature live comedies and musical performances that will bring bright smiles and radiant hearts.

04 Counselling Session

Maintaining the event as we engage to deeper level of ourselves. There is better care than taking a stand, your heart!



Program Flow



Event Program



1st Day

Time (PM)	Program
1:30 - 1:55	Prayer
1:55 - 2:00	Cultural Dance Presentation: Philippines
2:00 - 2:10	IYF Promotional Video
2:10 - 2:20	Opening / Congratulatory Messages
2:20 - 2:30	Energizer
2:30 - 2:50	PPT - Current Situation of Mental Problem in the Philippines
3:50 - 3:55	Mind Recreation
3:55 - 4:30	Mind Recreation - Connection
4:30 - 4:50	Announcements/ Photo Ops/ Daily Mission
4:50 - 5:00	Heart Talk Discussion (Breakout Sessions)

2nd Day

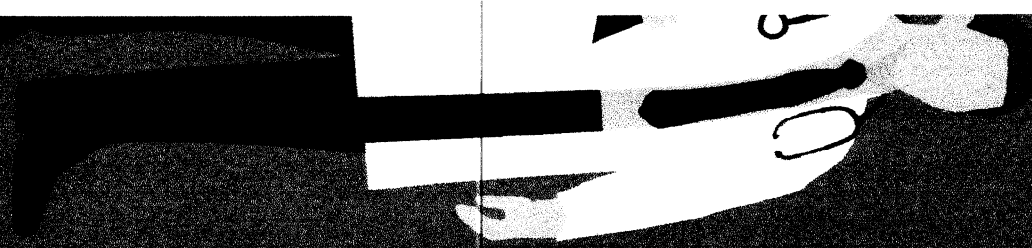
Time (PM)	Program
1:30 - 1:55	Prayer
1:55 - 2:00	Cultural Dance Presentation: Korea
2:00 - 2:10	IME/TII Promotional Video
2:10 - 2:20	Korean Song - It's Ok not to be OK
2:20 - 2:30	"Playing with my Thoughts" video
3:10 - 4:10	Mind Recreation
4:10 - 4:30	Mind Recreation - Out of Isolation
4:30 - 5:00	Heart Talk Discussion (Breakout Sessions)

3rd Day

Time (PM)	Program
1:30 - 1:55	Prayer
1:55 - 2:00	Cultural Dance Presentation: /
2:00 - 2:10	GNC Promotional Video
2:10 - 2:20	Energizer
2:20 - 2:30	Musical Real Story
2:50 - 3:10	Mind Recreation - Happy
3:50 - 4:30	Mind Recreation - Happy Announcements
4:30 - 4:40	Heart Talk Discussion (Breakout

After Party

Time (PM)	Program
1:50 - 1:55	Prayer
1:55 - 2:00	Sketch of Event
2:00 - 3:00	Group Report/Testimo
3:00 - 3:20	IYF Future Events
3:20 - 3:50	Graduation
3:50 - 4:50	Closing Remark
4:50 - 5:00	Announcements



Spent 2 Months



Your body is honest. When you're in physical pain, you cry. But the heart is a liar. It stays quiet even when it's hurting. Then, when you're asleep, you finally weep and whimper like a dog.

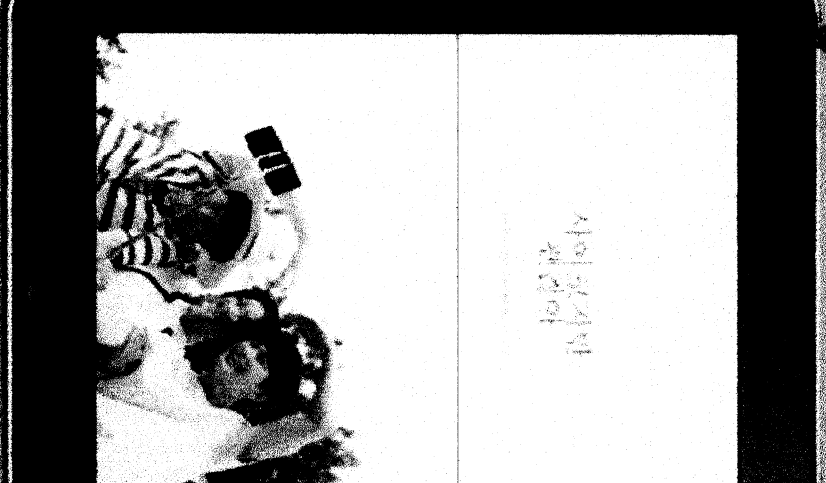
Details	Remarks
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Date November 28 to 30, 2020

Time 2:00PM to 5:00PM

Zoom ID 998 218 0894

- Thing to Prepare
- Writing Material
 - Good Internet connection
 - Quiet Place for Zoom
 - Gadget Camera
 - Listening Ears
 - Bottled Water



New Approach to Mental Health Awareness

Coronavirus

Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for many people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children.

Take care of your mental health

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Everyone reacts differently to stressful situations

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and other factors.

Ending Home Isolation

Mixed emotions will be felt, but what is important is how you can cope with and the positive mindset you have.

Importance of Mental Health

Mental health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, make choices during an emergency, and make choices during an emergency.



Mind Restoration

1 Elephant Chain

A story of chained elephant from baby until grown up.

Topic

Right Mindset

Application

To have a challenging mindset leads to overcoming challenges easily.



3 Redwood Tree

A story of a great tree and how they survive the catastrophic phenomenon of mother nature.

Topic

Connection

Application

Having a strong heart means being connected with other's heart



3 Monkey's Chain

A story of a pet monkey and pain that is having for a very long time.

Topic

Out of Isolation

Application

We cannot get out from Isolation alone we need someone to help us.





Thank You

I hope you'll be Okay!

