



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF DAVAO DE ORO

DEPARTMENT OF EDUCATION
DIVISION OF DAVAO DE ORO

RECORDS SECTION

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Office of the Schools Division
Superintendent

October 13, 2025

Division Memorandum

SGOD-2025 **1421**

**CONDUCT OF MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES IN
ALL SCHOOLS FOLLOWING THE RECENT EARTHQUAKES IN DAVAO DE ORO**

To : ASSISTANT SCHOOLS DIVISION SUPERINTENDENT
CHIEFS, CID AND SGOD
PUBLIC SCHOOL DISTRICT SUPERVISOR
DISTRICT COORDINATING PRINCIPALS
SCHOOL HEADS
SCHOOL MENTAL HEALTH PROGRAM COORDINATORS
SCHOOL GUIDANCE ADVOCATES
CLASSROOM ADVISERS
ALL CONCERNED

1. In light of the recent earthquakes that affected Davao de Oro and the surrounding areas, this division recognizes the urgent need to address the emotional and psychological well-being of our learners and personnel. As part of our commitment to holistic education and child protection, all schools are hereby advised to implement Mental Health and Psychosocial Support Services (MHPSS) to help learners cope with the aftermath of the disaster.

2. With its main goal of maintaining and enhancing the overall well-being of all learners, all classroom advisers, guidance counselors/advocates, school-based mental health coordinators, nurses, and other trained personnel are advised to conduct activities **before the resumption of class**, these are some of suggested activities:

- a) **Kumustahan Sessions** – Conduct regular check-ins to assess learners' emotional state and provide a safe space for sharing.
- b) **Breathing Exercises** – Teach calming techniques to help regulate stress and anxiety especially for those experiencing post-disaster distress.
- c) **Art Activities** – Encourage emotional expression through drawing, coloring, and crafting, etc.
- d) **Interactive Play Sessions** – Use games and movement-based activities to foster social bonding and relieve tension.
- e) **Storytelling and Expression Circles** – Facilitate guided sharing of experiences and coping strategies.
- f) **Emotion Charts** – Help learners identify and communicate their feelings visually.
- g) **Viewing and Listening Sessions** – Share age-appropriate video clips and audio materials related to mental health and coping strategies.



Address: Capitol Complex, Brgy. Cabidanan, Nabunturan, Davao de Oro

Contact No.: 0951-387-1728 (TNT); 0999-935-5399 (Smart)

Email Address: davaodeoro@deped.gov.ph

Website: www.deped-ddo.com

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- h) **Individual or Group Counseling** – Provide targeted support through counseling, assessment, and mental health talks.
- i) **Display of IEC materials such posters, tarp and brochures**
3. All advisers and guidance advocates are expected to closely monitor learners and immediately report any signs of **Post-Traumatic Stress Symptoms (PTSS)** such as flashbacks, nightmares, or avoidance behaviors to the **District Nurse, Guidance Counselor, or School Mental Health Coordinator**. Additionally, **Red Flag indicators** such as expressions of hopelessness, suicidal ideation, self-harm behaviors, extreme withdrawal, refusal to attend school, sleep disturbances, sudden aggressive outbursts, or risky behavior must be reported without delay for appropriate intervention.
4. Schools shall document all MHPSS activities and submit a consolidated narrative report to their respective District Nurses.
5. All concerned are enjoined to ensure the sensitive, inclusive, and confidential implementation of these activities.
6. Individuals with mental health issues / crisis, may call the following mental health hotline numbers for free consultation:

Agency	Contact Number
National Center for Mental Health 24/7	Nationwide landline: 1553
	Smart/TNT: 0919-057-1553
	Globe/TM: 0917-899-8727 0966-351-4518
Crisis Line by InTouch 24/7	0928-893-7603 0919-056-0709 0922-893-8944
DSWD - WiSupport 8am - 6pm (Monday - Friday)	Text hotline: "DSWD (space) WiSUPPORT (space) Name/Sex/Age/Region/Message or Concern" to 0918-912-2813
DepEd Central Office - Learner Telesafe Contact Center Helpline (LTTCH) 8am - 6pm (Monday - Friday)	Landline: #33733 (02) 8632-1372 Mobile: 0945-175-9777



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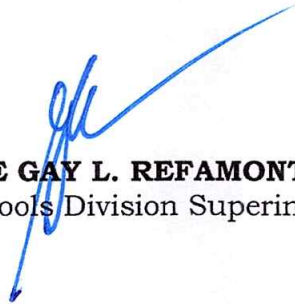


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Agency	Contact Number
Davao Mental Health Wellness Center for the Homeless (DMWCH) - Outpatient for assessment and consultation (Accepts walk-in and free psychiatric medicines)	0991-432-5560 0906-225-5773 0926-724-7284
Operational Operation Center (OPCEN) Davao	0946-345-8549 0946-586-7136 0956-814-7818
DRMC – Behavioral Science Unit	0908-390-5989 0945-412-0261

7. Immediate dissemination of this Memorandum is desired.


PHOEBE GAY L. REFAMONTE, CESO VI
Schools Division Superintendent



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