Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS
SCHOOLS DIVISION OF AKLAN

July 28, 2021

DIVISION MEMORANDUM
No. 263 **, s. 2021**

INVITATION FOR REGIONS TO ENJOIN ALL DEPED PERSONNEL IN MENTAL HEALTH AND PSYCHOLOGICAL SUPPORT SERVICES (MHPSS) FOR PERSONNEL- TAYO NAMAN! TULONG, ALAGA, YAKAP AT ORAS PARA SA MGA TAGAPAGTAGUYOD NG EDUKASYON LIVE WEBINAR AND TAYO NAMAN! KAMUSTAHAN

To: **OIC – Office of the Assistant Schools Division Superintendent**
Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Senior/Education Program Specialist
Heads of Public Elementary/Integrated/Secondary Schools
All others concerned

1. Please find attached DepEd Task Force COVID-19 Memorandum No. 450 titled "Invitation for Regions to Enjoin All DepEd Personnel in Mental Health and Psychological Support Services (MHPSS) for Personnel- *Tayo Naman! Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon Live Webinar and Tayo Naman! Kamustahan*".

2. All DepEd teaching and non-teaching personnel are invited and highly encouraged to watch and join the discussion on the live webinar on the scheduled dates and platform specified in the Memorandum.

3. Immediate and wide dissemination of this Memorandum is desired.

MIGUEL MAC D. APOSIN EdD, CESO V
Schools Division Superintendent

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Republika ng Pilipinas

Kagawaran ng Edukasyon

Tanggapan ng Pangalawang Kalihim

DepEd Task Force COVID-19
MEMORANDUM No. 450
23 July 2021

For: **Regional Directors and BARMM Education Minister**
Schools Division Superintendents
School Heads
All DepEd Personnel

Subject: **INVITATION FOR REGIONS TO ENJOIN ALL DEPED PERSONNEL IN MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES (MHPSS) FOR PERSONNEL – TAYO NAMAN! TULONG, ALAGA, YAKAP, AT ORAS PARA SA MGA TAGAPAGTAGUYOD NG EDUKASYON LIVE WEBINAR AND TAYO NAMAN! KUMUSTAHAN**

To address mental health concerns arising from the challenges brought about by the pandemic, the Department of Education (DepEd), through the Disaster Risk Reduction Management Service (DRRMS), launched a Mental Health and Psychosocial Support Services (MHPSS) Program for all DepEd personnel titled **TAYO NAMAN! Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon**. From its title, the purpose of the program is to provide support to teaching and non-teaching personnel, and education advocates, through Tulong, Alaga, Yakap at Oras. TAYO Naman! does not only emphasize the concept of togetherness in the Tagalog word *Tayo* as a community, but also highlights our capacity to stand up, or *Tayô*, as one community during this crisis. This program is conducted in two formats: 1) through a live webinar; and 2) through an in-depth Kumustahan session.

In partnership with the Bureau of Human Resource and Organizational Development-Employee Welfare Division (BHROD-EWD), Globe Telecom, MAGIS Creative Spaces, and the Philippine Mental Health Association, TAYO Naman! Live Webinar is broadcasted **every Friday** from **8:30 to 10:00 AM** via **DepEd Philippines Facebook** page livestream. During the live webinar, DepEd panelists from host divisions engage in profound discussions on mental health with expert speakers. **Annex A** contains the list of topics, dates, and host divisions for the remaining episodes.

Scan this QR Code to view Videos and Magazines of Major Programs

Office of the Undersecretary for Administration (OUA)
[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRMMS), Bureau of Learner Support Services (BLSS), Baguio Teachers Camp (BTC), Central Security & Safety Office (CSSO)]
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The **Online In-depth Session Support Group** for DepEd Personnel titled **TAYO Naman! Kumustahan** is conducted **every Wednesday** from **2:00 to 4:30 PM**. TAYO Naman! Kumustahan is an online support session that provides an intimate avenue for personnel to express their thoughts, emotions, and stories. The Kumustahan session adopts an expressive arts-based psychosocial support strategy for participants. There are 5 remaining sessions for TAYO Naman! Kumustahan. **Annex B** contains more information about the said activity.

With this, all DepEd teaching and non-teaching personnel are invited and highly encouraged to watch and join the discussions on the live webinar every Friday, until August 27, 2021, and participate in the TAYO Naman! Kumustahan every Wednesday until August 25, 2021. Everyone is also invited to join the TAYO Naman! Facebook Group (**http://bit.ly/TAYONamanFB**) for regular updates on activities and self-care contents.

For further information, please contact Ms. Kylie Pillosis through email drrmo+mhpss@deped.gov.ph .

For immediate and appropriate action.

ALAIN DEL B. PASCUA
Undersecretary
Chairperson, DepEd Task Force COVID-19

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Annex A

TAYO Naman! Live Sessions List of Topics

Episode Number	Theme	Topics	Date of Release	Host Division
10	**Enriching my Relationship with Others**	Connecting and Building Healthy Relationships with Co- Workers	July 30, 2021	SDO Cagayan
11		Providing Empathy and Support in the Time of Physical Distancing	August 6, 2021	SDO Pangasinan
12	**Exploring My Spirituality**	Being One with the Nature	August 13, 2021	SDO Lapu-Lapu City
13		Nurturing Spirituality	August 20, 2021	SDO Cotabato
14		Solace and Prayer	August 27, 2021	SDO Davao del Sur

Annex B

TAYO Naman! Kumustahan Online In-Depth Sessions

The Online In-depth Sessions is conducted every Wednesday from 2:00 to 4:30 PM. All DepEd Personnel are encouraged to attend by signing up in the registration link. The schedule for the registration link for the sessions will be posted online through the **TAYO Naman! Facebook Group (http://bit.ly/TAYONamanFB)**, which is open to all DepEd personnel. To join the Facebook group, please ensure that all the preliminary questions are answered.

Please note that only a limited slot will be provided. Thus, selection would be on a first come, first served basis. The sign-up sheet will be opened 3 days before every session to give opportunity to more personnel to be part of the small group discussion.

The small breakout sessions will be conducted via Zoom and will remain private. DepEd DRRMS creates a safe space where personnel are free to share their thoughts and emotions while deepening the discussion on mental wellness topics that will be discussed on the Friday TAYO Naman! Live Webinar in the same week.

To provide a better insight on TAYO Naman! Kumustahan, please see some of the feedback from participants below:

- *"Very grateful to be part of this program where I've learned a lot for myself and for others. I'm really motivated to join every session we have because of the activities we have where I could also share with others, my students and to my colleagues as well"*

- *"Why are we attending Kumustahan? We need to mend ourselves, to mend others. DRRMS and MAGIS have given emphasis to that."*

KAGAWARAN NG EDUKASYON

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