



ADVISORY No. 039, s. 2025
September 15, 2025

In compliance with DepEd Order (DO) No. 8, s. 2013
This advisory is issued not for endorsement per DO 28, s 2001,
but only for the information of DepEd officials,
Personnel/staff, as well as the concerned public.

**INVITATION FOR DEPED TO PARTICIPATE IN THE CELEBRATION OF
NATIONAL MENTAL HEALTH WEEK AND WORLD MENTAL HEALTH DAY**

The The Philippine Mental Health Association Inc, Cordillera Chapter invites the Department of Education to join the celebration of **National Mental Health Week and World Mental Health Day** with the theme **"Community: Supporting Mental Wellbeing Together"** on October 10, 2025, and the **PMHA 75th Anniversary Mental Health Conference** at Seda Vertis North, Quezon City on October 22-23, 2025.

This observance intends to show support for mental health advocacy of learners and personnel.

In this regard, this office requests all the Schools Division Offices (SDOs) to disseminate the said information to all schools. Participation to the said activity however is **voluntary** and shall be subject to the no-disruption-of-classes policy stipulated in DepEd Order No. 9, s. 2005 titled "Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith".

Attached is the invitation letter from the said organization for further details.

For inquiries about the invitation, please send a message through:

- Ms. Wymberly N. Lumpias
Program Relations Officer
Email: pmhacci@pmha.org.ph

*ESSD/GCD/rmb/Invitation to participate in the Celebration of NMHW and WMHD
September 15, 2025*



Attachment to - EDC - 25-1619
PMHA - CAR
PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

18 East Avenue P.O. Box 1040 Quezon City 1100, Philippines



8 September 2025

Dear Mental Health Advocates and Partners:

Greetings from the Philippine Mental Health Association (PMHA), Inc.!

As we celebrate the World Mental Health Day this year, we will again conduct activities in line with the World Mental Health Day global theme, this 2025: **"Community: Supporting Mental Wellbeing Together"** as set by the World Federation for Mental Health. This theme underscores the critical role that vibrant, supportive communities play in safeguarding mental health. It highlights how shared understanding, active support, and a strong sense of belonging are fundamental to fostering resilience and emotional well-being for everyone.

This year, as PMHA proudly celebrates our **75th founding anniversary**, we spotlight the indispensable role of robust and empathetic communities in fostering mental health. We recognize that a strong sense of belonging and mutual support are the cornerstones of individual and collective well-being.

A key highlight of this momentous celebration is the **"Light Up Blue for Mental Health!" Campaign**. Following five successful years, the PMHA will once again lead this impactful initiative on **October 10, 2025**. We use the color blue as it symbolizes peace, calm, and tranquility. The illuminating light of blue highlights the crucial experiences and challenges of individuals with mental health conditions as they navigate various challenges. This campaign serves as a powerful call to action, encouraging widespread support for mental health advocacy and fostering open discussions that aim to lessen, and ultimately eradicate, the stigma surrounding mental health.

Knowing your organization's dedication to promoting and protecting mental well-being, we would like to collaborate with your institution on this initiative. We would like to invite you to join the following activities:

#LightUpBlueforMentalHealth - Year 6

- Light up your facades blue on World Mental Health Day – **October 10, 2025 (Friday), 7:00 PM- 8:00 PM**, which signifies your support for the promotion of mental health and well-being of our fellow Filipinos
- "Blue Box of Hope" This initiative will use physical "blue boxes" where people can anonymously write down their hopes and dreams for mental health awareness and support.
- Option: Aside from your institution's facades, you can also light up other blue paraphernalia and/or encourage your stakeholders to wear something blue on this day
- Initiate and conduct a wellness or mental health activity for your stakeholders that will aim to contribute to their overall well-being.

*PMHA sa 75 Taong Serbisyo: Sama-Sama Tungo
sa Malusog at Malakas na Kaisipan ng Bawat Pilipino!*

EDUCATION AND ADVOCACY DEPARTMENT

eard@pmha.org.ph | 0917-565-2037



PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

18 East Avenue P.O. Box 1040 Quezon City 1100, Philippines



We invite you to participate by **lighting up your spaces in blue and conducting the wellness activities even before October 10** and send us photos and/or videos of your "Light Up Blue" initiatives and any related activities in advance. This will allow us to compile your contributions with those from other participating institutions for our documentation. In exchange for your participation, we will be featuring your institution's initiative on our social media accounts starting **October 10**. You may also tag us @PMHACCI, @PMHAofficial on social media and use the hashtags: **#LightUpBlueforMentalHealth #CommunityMentalWellbeing #WMHD2025 #PMHA75**.

Together, let's give mental health top priority and build a better future for everybody.

You may contact us at **0938 269 7645 or (074) 442 2337** and look for **Maya Racuya or Sarah Mae Pedro** if you have further inquiries or clarification. You may also check out <https://www.facebook.com/PMHACCI/> for updates and announcements.

Most sincerely yours,


CHRISTINE GINA DAILAY – CAMSOL, RPsy
Chapter Executive Manager
PMHACCI

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