



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF CABUYAO
DISTRICT 4A
MARINIG SOUTH ELEMENTARY SCHOOL

MENTAL HEALTH

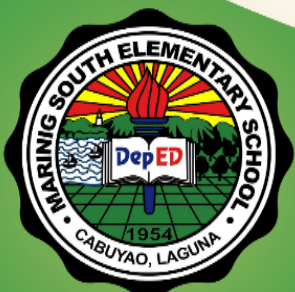
Mental health is a state of psychological and emotional well-being where an individual is able to use their cognitive and emotional capabilities to meet the society's demands and functions. This part of one's being was challenged during the time of the pandemic caused by the Covid-19 virus. In response to this, DepEd launched several educational programs centering on mental health of the learners, parents, teachers and other personnel.

Based on DO No.14 s.2020 (*Guidance on the Required Health Standards in Basic Education Offices and Schools*) that details the provision of mental health and psychosocial support services (MHPSS) to mental resilience of the learners and DepEd personnel, Marinig South Elementary School conducted classes and seminars to both learners and teachers to enhance their mental health.

B. INTERVENTION (INCLUDING INVOLVEMENT OF PARENTS AND GUARDIAN)

1. Mental Health webinar

Division school conducted webinar for teachers in guiding the learners to cope up learning system during pandemic.





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2. Conduct of discussion about mental health awareness to parents.

Assigned teacher conducted discussions on the parents in handling mental health issues in the learner (their son/daughter).



3. Conduct of psychosocial activities and discussions about mental health in the classrooms.



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