



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE – MARIKINA CITY

Shoe Ave., Sta. Elena, Marikina City
+63 (02) 682-2472 / 682-3989 (CID) / 508-6113 (SGOD)
<https://depedmarikina.ph> / (email) sdo.marikina@deped.gov.ph



August 23, 2018

MEMORANDUM TO:

Chief Education Supervisors, SGOD & CID
Secondary School Principals
Officers-In-Charge
Public Schools Only

DIVISION OF CITY SCHOOLS

MARIKINA

RELEASED
AUG 28 2018

RECORDS UNIT

N 11:10

**Lusog Isip ng Kabataan (LINK) Club Advisers'
Capacity-Building Activity**

Please find the enclosed letter from Ms. Carolina Uno-Rayco, Program Manager, Education and Information Services of Philippine Mental Health Association dated August 22, 2018 Re : **Lusog Isip ng Kabataan (LINK) Club Advisers' Capacity Building Activity**, for the information and guidance of all concerned.


SHERYLL T. GAYOLA

Officer In-Charge

Office of the Schools Division Superintendent



Philippine Mental Health Association, Inc.

1111, 1111, 1111, 1111, 1111
QUEZON CITY 1100 PHILIPPINES

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August 22, 2018

MS. SHERYLL T. GAYOLA
Schools Division Superintendent
Shoe Avenue, Sta. Elena, Marikina

THRU: MS. MARIELLE ANN R. AGUIRRE
Head, Health and Nutrition Unit

A-1695
TEL NOS: (632) 921-48-68 • 921-49-59
921-20-93 • 924-92-99

Fax No. (632) 924-92-97
DIVISION OF CITY SCHOOLS
Web: www.dcs.org.ph
MARIKINA



Dear Ms. Gayola:

Greetings of health!

Annually, the Philippine Mental Health Association, Inc. (PMHA) spearheads the celebration of the **National Mental Health Week and World Mental Health Day** every October. Special activities in the form of lectures, conferences, trainings and workshops are conducted to our stakeholders to drumbeat the celebration and to further intensify our advocacy for mental health.

In this regard, we would like to seek your approval expressed through a **memorandum** to conduct the **Lusog Isip ng Kabataan (LINK) Club Advisers' Capacity-Building Activity** on **September 15, 2018; 8:00AM-1:00PM** at the **PMHA Conference Hall, # 10 East Avenue, Quezon City**. The activity primarily aims to train the LINK Club Advisers and Education Program Supervisors to conduct the lecture on "**Understanding Teenage Depression and Suicide**" to their respective students. Furthermore, the said activity intends to teach the participants when, where and how to refer students with this condition. (Please see attached list of LINK Club Advisers/Program Supervisors for your reference.)

As an output, the training participants are expected to re-echo the abovementioned lecture on **October 10, 2018** in celebration of the **World Mental Health Day 2018**. (Please see Guidelines of the Simultaneous Lecture for your reference.)

Thank you and we are looking forward to your most favorable response on this matter.

Sincerely yours,

[Signature]
CAROLINA UNO-RAYCO, Ph.D., RGC, RPsy
Program Manager
Education, Advocacy and Research Department

**PHILIPPINE MENTAL HEALTH ASSOCIATION, Inc.
18 East Avenue, Quezon City**

**EDUCATION, ADVOCACY, AND RESEARCH DEPARTMENT
YOUTH LIFE ENRICHMENT PROGRAM
LUSOG ISIP NG KABATAAN (LINK) CLUB**

**GUIDELINES FOR THE CONDUCT OF SIMULTANEOUS LECTURE OF
DEPRESSION IN SCHOOLS**

- The trained LINK Club Advisers are expected to re-echo the lecture on **"Understanding Teenage Depression and Suicide"** in their respective schools on **October 10, 2018** during the celebration of the **World Mental Health Day**. This will serve as the expected output of the training.

The students are the target participants of the re-echoed lecture.

- Pictures and videos must be posted online thru **PMHA Official Facebook Page**. Online posts should indicate necessary information such as the **title of the lecture/activity, profile and number of participants**, school and location and other necessary details. It is encouraged to tag Facebook friends – Principal, LINK Adviser, officers, members and others who helped in the conduct of the activity.
- The use of the two hash tags is highly encouraged: **#KabataangMalusogAngKaisipan** and **#PMHAWorldMentalHealthDay2018**

PHILIPPINE MENTAL HEALTH ASSOCIATION, Inc.
 No. 18 East Avenue, Quezon City

EDUCATION, ADVOCACY, AND RESEARCH DEPARTMENT
YOUTH LIFE ENRICHMENT PROGRAM (YLEP)
LUSOG ISIP NG KABATAAN (LINK) CLUB

Program Supervisor	
Ms. Marielle Ann R. Aguirre Health and Nutrition Unit Head 0110111111111111	
School	Name of Link Club Advisers
Barangka National High School	Ms. Olive C. Eulevia Mrs. Nametria Inon Ms. Perpetua I. Itebun
Concepcion Integrated School PANTUNG HIGH SCHOOL	Ms. Maria Ines I. Itebun Ms. Hana Cantor
Jesus Dela Pena National High School	Ms. Agnes A. Agsaullo Ms. Annalyn Maynigo
Kalumpang National High School	Mr. Adrian P. Leander
Malanday National High School	Ms. Susan C. Militar Ms. Shella Dan C. Bayla
Marikina Helghts High School	Mr. Pedrito C. Cabanes, Jr. Ms. Mary Grace Balatbat
Marikina High School	Ms. Jessica B. Macapanas
Marikina Science High School	Ms. Nenet M. Fernandez
Nangka High School	Ms. Cheryl O. Castuy
Parang High School	Ms. Maria Theresa G. De Guzman Ms. Norrita G. Arandela
San Roque National High School	Mr. Maria Pilar T. Malinanan Mr. Bonifacio Ventura
Sta. Elena High School	Ms. Diony L. Gonzales Ms. Jennielyn Vidal
Sto. Nino National High School	Mr. Jarrell J. Lacson
Tanong High School	Ms. Maritau V. Olaveria Ms. Salve Cerdeña
Valeriano E. Fugoso Memorial High School	Ms. Emelita C. Ramos