MEMORANDUM TO:

OIC, Office of the Assistant School Division Superintendent
Chief Education Supervisors, SGOD and CID
Secondary School Principals
Officers-In-Charge
Public Schools Only

PMHA (PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.)
YLEP LUSOG ISIP NG KABATAAN (LINK) ONLINE PROGRAM

Attached is a letter from Ms. Carolina Uno-Rayco, National Executive Director of Philippine Mental Health Association, Inc. dated September 16, 2020, re: YLEP Lusog Isip ng Kabataan (LINK) Online Program, content of which is self-explanatory, for information and guidance of all concerned.

Immediate and wide dissemination of this Memorandum is desired.

SHERYLL T. CAYOLA
Assistant Schools Division Superintendent
Office-In-Charge
Office of the Schools Division Superintendent
PHILIPPINE MENTAL HEALTH ASSOCIATION, INC.

18 East Avenue P.O. Box 1040 Quezon City 1100, Philippines
MEMBER: WORLD FEDERATION FOR MENTAL HEALTH

September 16, 2020

DR. SHERYLL T. GAYOLA
OIC- Office of the Division Superintendent
Office of the Schools Division Superintendent
Schools Division Office of Marikina City

Thru: MS. MARIELLE ANN AGUIRRE, RN
Head, Health and Nutrition Unit

Dear Dr. Gayola,

Greetings of peace and well-being from the Philippine Mental Health Association, Inc. (PMHA)!

PMHA is a private, non-stock, non-profit organization that provides premier Mental Health Services, through advocacy, education, intervention and research. One of our flagship programs under our Education, Advocacy and Research Department (EARD) is the Youth Life Enrichment Program (YLEP). It aims to raise awareness of the youth on mental health and inspire them to become mental health advocates.

During this COVID-19 pandemic, PMHA has partnered with United Nations Population Fund (UNFPA) to provide the YLEP Lusog Isip ng Kabataan (LINK) Online program. This program aims to enhance the well-being of the youth through the provision of psycho-educational sessions for them, their teachers and their parents. These sessions will focus on providing useful information that will address the present psychosocial concerns of the youth during this COVID-19 Pandemic.

In this regard, PMHA will conduct these free webinars via Zoom on the following dates:

<table>
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<tr>
<th>STUDENTS:</th>
<th>Date and Time:</th>
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<tr>
<td>Webinar 1: Friendzone and Seenzone: Maintaining Healthy Boy-Girl Relationships</td>
<td>September 29, 2020; 2:00PM-4:00PM (Tuesday)</td>
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<tr>
<td>Webinar 2: Understanding Cyberbullying: Think before you Click</td>
<td>October 27, 2020; 2:00PM-4:00PM (Tuesday)</td>
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<td>Webinar 3: What I Need to Know about Sexual Harassment: Protecting Myself from Abuse and Developing Healthy Self-Esteem</td>
<td>November 24, 2020; 2:00PM-4:00PM (Tuesday)</td>
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E-mail: oned@pmha.org.ph | Website: www.pmha.org.ph
Mobile: 0917-565-2037 - 0917-565-2036 - 0917-635-5362

PMHAAofficial
**TEACHERS:**
Webinar 1: *Using Social and Emotional Learning to Enhance Students’ Mental Health*  
October 13, 2020; 2:00PM-4:00PM (Tuesday)
Webinar 2: *Understanding Cyberbullying: Providing a Safe Space for Students to Enhance Well-being*  
November 10, 2020; 2:00PM-4:00PM (Tuesday)

**PARENTS:**
Webinar 1: *Wired for Mental Health: Building Healthy Family Relationships*  
October 20, 2020; 2:00PM-4:00PM (Tuesday)
Webinar 2: *Understanding Domestic Violence and its Impact on the Family’s Mental Health*  
November 17, 2020; 2:00PM-4:00PM (Tuesday)

The participants for each webinar can register in the registration link that we will send to their emails or through the link we will be posting on our PMHA Youth Life Enrichment Program Facebook Page ([www.facebook.com/YouthLifeEnrichmentProgram](http://www.facebook.com/YouthLifeEnrichmentProgram)).

In order for this program to reach as many youth, teachers and parents as possible, we would like to seek for your approval and endorsement of these activities through a memorandum to your secondary schools. We again want to partner with you and with the schools in your division to promote this program and enhance the well-being of your students.

Our Staff-in-Charge, Ms. Michelle Abigail L. Bonafe shall coordinate with you regarding these webinars. You may also call 0917-5652037 or 0905-1901641 or email pmha.link@gmail.com if you have any further questions or clarifications.

Thank you very much.

**CAROLINA UNO-RAYCO, PHD, RGC, RPsy**
National Executive Director