



Republic of the Philippines  
**Department of Education**  
REGION VII – CENTRAL VISAYAS  
SCHOOLS DIVISION OF NEGROS ORIENTAL

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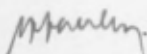
**Office of the Schools Division  
Superintendent**


DIVISION MEMORANDUM  
No. 636 s. 2021

**TAYO NAMAN! TULONG, ALAGA, YAKAP, AT ORAS PARA SA MGA  
TAGAPAGTAGUYOD NG EDUKASYON LIVE WEBINAR AND  
TAYO NAMAN! KUMUSTAHAN**

To: Assistant Schools Division Superintendents  
Chiefs, CID and SGOD  
All Others Concerned

1. Attached is DepEd Regional Memorandum No. 0727, s. 2021 titled *Tayo Naman! Tulong, Alaga, Yakap, at Oras para sa mga Tagapagtaguyod ng Edukasyon Live Webinar and Tayo Naman! Kumustahan*.
2. In this regard, all DepEd personnel are encouraged to watch the webinar every Friday from 8:30 to 10:00 AM via DepEd Philippines Facebook page crossposted in the DepEd Tayo Region VII page.
3. For further details and list of topics see attached communication.
4. For the information, guidance and compliance of all concerned.

  
**SENEN PRISCILLO P. PAULIN, CESO V**  
Schools Division Superintendent  
026/2021

SPP/MKP-JMA-NLR/SGOD/RSP  
August 25, 2021 

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Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS

Office of the Regional Director

AUG 23 2021

REGIONAL MEMORANDUM  
No. 0727, s. 2021

**TAYO NAMAN! TULONG, ALAGA, YAKAP, AT ORAS PARA SA MGA  
TAGAPAGTAGUYOD NG EDUKASYON LIVE WEBINAR AND TAYO NAMAN!  
KUMUSTAHAN**

TO : ALL SCHOOLS DIVISION SUPERINTENDENTS  
ALL CONCERNED

1. This is to disseminate DepEd Task Force COVID-19 Memorandum No. 450 titled **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.**
2. All personnel are encouraged to watch the webinar every Friday from 8:30 to 10:00 AM via DepEd Philippines Facebook page crossposted in the DepEd Tayo Region VII page.
3. Kindly refer to the attached memo for the list of topics, dates and host divisions for the remaining episodes.
4. Immediate dissemination and compliance with this Memorandum is enjoined.

**SALUSTIANO T. JIMENEZ, JD, EdD, CESO V**  
Director IV  
Regional Director

STJ/CAE/ICTU/JPI



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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.



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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 [drmmo+mhpss@deped.gov.ph](mailto:drmmo+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	<b>Enriching my Relationship with Others</b>	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	<b>Exploring My Spirituality</b>	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."*



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DepED



GFT GLOBAL FILIPINO TEACHERS



# Tulong, Alaga, Yakap at Oras para sa mga Tagapagtaguyod ng Edukasyon

Episode 13: Nurturing Spirituality

LIVE Friday | August 20, 2021 | 8:30 AM

**SPEAKER:**



**Bambi Gamban**  
MA student in Theology  
Senior Facilitator, MAGIS Creative Spaces

**HOST:**



**Ivy Joy Comiday**  
Project Development Officer I  
SDO Cotabato

**FACILITATOR:**



**Angelique Tuyan**  
Teacher II  
Mabalan High School  
SDO Cotabato

**PANELISTS:**



**Abdulrahman Andie**  
Senior Education  
Program Specialist for HRD  
SDO Cotabato



**Ayesha Piñol**  
SGOD Education  
Program Supervisor  
SDO Cotabato



**Carlos Platon**  
District DRRM Coordinator  
Lika Central Elementary School  
SDO Cotabato

In collaboration with



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