



Republic of the Philippines
Department of Education

NATIONAL CAPITAL REGION

SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

JUN 29 2026

MEMORANDUM

**MENTAL HEALTH SUPPORT HELPLINES AND STRENGTHENING OF PROJECT
C.A.R.E. (COMPASSION, ACCESS, RESPONSE, AND EMPOWERMENT)**

To: Assistant Schools Division Superintendent
Chief Education Supervisor, Curriculum Implementation Division
Chief Education Supervisor, School Governance and Operations Division
Public Elementary and Secondary School Heads/OICs
Administrative Officer V
All Others Concerned

1. As stipulated in the Republic Act No. 11036 or the Mental Health Act of 2018, the Department of Education is mandated to develop and implement mental health programs to promote and protect the mental health and general welfare of all learners and personnel.
2. To further intensify the implementation of **Project C.A.R.E. (Compassion, Access, Response, and Empowerment)**, the Division continues to strengthen its mental health initiatives, which focuses on fostering compassion for learners, teaching, and non-teaching personnel's mental health by providing access and response team to empower mental health and well-being in schools.
3. Recognizing the urgent need for targeted mental health interventions, all schools are hereby informed of the available Mental Health Support Helplines and Referral Services for learners, teaching, and non-teaching personnel.
4. For further referral and assistance in the Community- Based Mental Health and Wellness Program, schools may coordinate with the School Health and Nutrition Section through telephone numbers (02) 8423-7560 to 62, local 127.

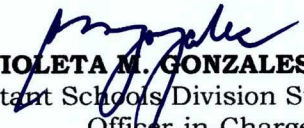
Likewise, learners, teaching personnel, and non-teaching personnel who may need immediate mental health support may contact the National Center for Mental Health (NCMH) 24/7 Mental Health Crisis Hotline through the following channels:

1553 (Nationwide landline toll free)
1800 - 1888 - 1553 (For Smart/TNT Subscribers)
Mobile: 0919 - 057 - 1553 (For Smart/TNT)
0917 - 899 - 8727; 0966 - 351 - 4518 (For Globe/TM)



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5. Immediate and wide dissemination of this Memorandum is desired.


VIOLETA M. GONZALES CESO VI
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

Encl.: As stated

References: As stated

To be indicated in the Perpetual Index

Under the following subjects:

HEALTH EDUCATION

POLICY

PROGRAMS

CAMPAIGN

MRS / MENTAL HEALTH SUPPORT HELPLINES AND STRENGTHENING OF PROJECT C.A.R.E. (COMPASSION, ACCESS, RESPONSE, AND EMPOWERMENT)

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