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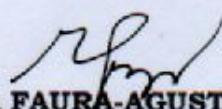
10 Mar 2021

DIVISION MEMORANDUM
No. 092, s. 2021

IMPACT OF PSYCHOSOMATIC STRESS TO MENTAL HEALTH

To : Assistant Schools Division Superintendent
Chief, School Governance and Operations Division
Chief, Curriculum Implementation Division
All School Heads

1. In line with the DepEd Order No. 058 s. 2020 entitled Orientation for Regional and Schools Division Offices on Mental Health and Psychosocial Services in the Time of COVID-19 for Learners and DepEd Personnel, this Office announces the conduct of Online Webinar on Mental Health and Psychosocial Support and the Effects of Psychosomatic Stress on **April 6, 2021**, via Google Meet.
2. This webinar aims to help participants to identify:
 - a. sign and symptoms of the psychosomatic Stress.
 - b. awareness on how to adapt the present situation and be mentally resilience amidst COVID-19.
 - c. provides relevant information to ensure physical and mental health.
 - d. recognizes the importance of the psychosocial support.
3. Participants are directed to join thru the link provided <http://bit.ly/MentalHealthBinan>.
4. Attached is the program schedule for reference.
5. Immediate dissemination of this Memorandum is desired.


EDNA FAURA-AGUSTIN
Schools Division Superintendent



**2021 MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT
IMPACT OF PSYCHOSOMATIC STRESS TO MENTAL HEALTH**
SGOD, SCHOOL HEALTH SECTION
GOOGLE MEET APRIL 6,2021

TIME	TOPIC	SPEAKER
1:00 – 1:30	Attendance/Roll Call	Carmencita K. Juntilla
1:30 – 3:00	Topic Discussion Psychosomatic Stress to Mental Health	Henrietta N. Nacario,R.N.
3:00 – 4:00	Medical Interventions and Referrals	Dr. Leila C. Bondoc
4:00 – 4:30	Open forum	
4:30 – 5:00	Closing Remarks	Carmencita K. Juntilla

