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Republika ng Pilipinas
Kagawaran ng Edukasyon
Tanggapan ng Pangalawang Kalihim

DepEd Task Force COVID-19
MEMORANDUM No. 027
31 March 2020

For: **Regional Directors and BARMM Education Minister**
Schools Division Superintendents
Public Schools District Supervisors
Regional and Division DRRM Coordinators
Regional and Division IT Officers
School Heads
All Others Concerned

Subject: **FOSTERING WELLNESS, SOLIDARITY, AND SERVICE AMIDST COVID-19**

The Coronavirus Disease 2019 (COVID-2019) outbreak is causing fear and anxiety to learners and personnel that disrupts their normal daily functioning. With this, the Disaster Risk Reduction and Management Service (DRRMS) intends to provide Mental Health and Psychosocial Support Services (MHPSS) through Fostering Wellness, Solidarity and Service to promote well-being of learners and personnel in this time of crisis.

DRRMS will provide daily prayers, breathing, meditation and grounding exercises, and art-based activities that promote adaptive coping and can be done at home. DRRMS also prepared a repository of such activities which can be accessed at deped.gov.ph/covid-19. Attached is the sample of daily activities. The office will utilize various social media platforms to disseminate the MHPSS materials to ensure wider distribution. We hope that you can cascade the daily activities to your colleagues.

Together, let's guard our physical defenses and strengthen our mental health amidst the crisis.

For more information or suggestions, please contact Joan Llamado of DRRMS through mobile number 0977 277 5126 or email address drmo@deped.gov.ph.

Thank you in anticipation for your active participation.

ALAIN DEL B. PASCUA

Undersecretary
Chairperson, DepEd Task Force COVID-19
Member, IATF-MEID



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[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers' Camp (BTC), Central Security & Safety Office (CSSO)]

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