



# St. Paul University Philippines

Tuguegarao City, Cagayan Valley 3500

Tel: 078-396-1987-1997

[www.spup.edu.ph](http://www.spup.edu.ph)

November 21, 2025

**ORLANDO E. MANUEL, PhD, CESO V**

Schools Division Superintendent

SDO Nueva Vizcaya

Department of Education Region 02

Dear Dr. Manuel:

Warm Paulinian greetings!

Mental health is the heartbeat of a person's well-being, the foundation of resilient communities, and a vital cornerstone of national progress. In the Philippines, educational institutions and community organizations serve as crucial pillars in nurturing early interventions, fostering preventive care, and building strong support systems. Yet, despite the passage of the Mental Health Act, stigma, limited resources, and inadequate awareness continue to hinder the care, empowerment, and compassion every Filipino deserves.

In line with our unwavering commitment to advancing mental health and well-being, St. Paul University Philippines (SPUP) will be conducting a National Seminar-Workshop on Advancing Mental Health in the Philippines on January 14–16, 2026 at the Function Hall of the Sacred Heart of Jesus Building (Global Center).

This professional development engagement aims to ignite awareness, strengthen advocacy, and enhance the capacity of families, schools, organizations, and community leaders to champion mental health. This meaningful gathering aspires to impart knowledge and competencies, as well as to foster synergy and shared mission—creating safe, supportive, and stigma-free spaces where every Filipino is empowered to pursue wellness and resilience.

A key highlight of this national event is SPUP's collaboration with UNILAB Foundation to conduct for special trainings featuring its programs on RACE Against Suicide and CARS: Mental Health Screening and Intervention in Schools.

In this light, we would like to invite the teachers and guidance counselors in the Division of Nueva Vizcaya to participate in the forthcoming seminar-workshop. The registration fee is **₱4,500.00** for participants who register on or before **January 5, 2026**, and **₱5,000.00** for onsite registration. The registration link and QR code are provided in the attached program of activities.

You may also access the registration link and QR code at the following facebook page:

- St. Paul University Philippines
- SPUP Guidance Services Unit

The registration fee of the participants covers certificate of participation, conference kit, snacks and lunch during the two-and-a-half-day seminar-workshop.

Payment of registration fee can be made through the following:

## Land Bank of the Philippines

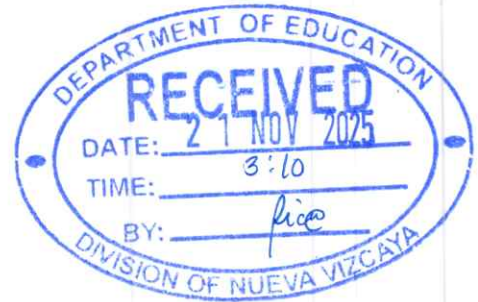
Account Name: St. Paul University Philippines

Account Number: 0121-3376-90

## Banco De Oro (BDO)

Account Name: St. Paul University Philippines

Account Number: 00274-000435-0



MEMORANDUM		Date: 12/04/25	Released/Recorded: fice
To:	( <input checked="" type="checkbox"/> ) PSDS/DICs	( <input checked="" type="checkbox"/> ) Elem/Sec School Heads	
	( <input checked="" type="checkbox"/> ) Private Schools	( <input checked="" type="checkbox"/> ) Others:	
For:	( <input checked="" type="checkbox"/> ) Information	( <input checked="" type="checkbox"/> ) Dissemination	
	( <input checked="" type="checkbox"/> ) Guidance	( <input type="checkbox"/> ) Strict Compliance	
<b>ORLANDO E. MANUEL PhD, CESO V</b>			
Schools Division Superintendent			
By:			Signature: <i>[Signature]</i>



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**Bank of the Philippine Island**

Account Name: St. Paul University Philippines

Account Number: 8693-0892-13

For further inquiries, you may call Ms. Alyzza Monique Viernes at 0905 191 6347.

We eagerly anticipate your presence at the seminar. See you!

Thank you, and God bless!

Sincerely,

**CLAUDETH U. GAMIAO, PhD**

Head, Guidance Services Unit

Seminar Organizer

CP# 09177910083

Email Address: [cgamiao@spup.edu.ph](mailto:cgamiao@spup.edu.ph)



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## ADVANCING MENTAL HEALTH IN THE PHILIPPINES

*A National Seminar-Workshop for Well-being Advocates*

Sacred Heart of Jesus Bldg., SPUP

January 14-16, 2026

DAY 1		In-charge / Speaker
7:00AM – 8:00AM	Registration	
8:00 AM – 8:30AM	OPENING CEREMONIES Invocation Philippine National Anthem Introduction of participants Welcome Message	<b>SISTER MERCEDITAS O. ANG SPC</b> SPUP University President
8:30 AM – 9:45 AM	Keynote Speaker  <b>Mental Health is Public Health: Prevalence, Current State of Services, Challenges, Laws/Policies, and Prospects for a Healthy and Strong Philippines</b>	<b>DR. JASON TRITON LIGOT</b> Public Relations Officer National Board of Trustees Philippine Mental Health Association
9:45 AM-10:00 AM	Break	
10:00 AM-12:00 PM	Lecture-workshop  <b>Cultivating Mentally Healthy Workplaces: A Shared Responsibility</b>	<b>DR. ELAINE MARIE ARANDA</b> University Counselor and Clinical Supervisor Counseling and Psychological Services De La Salle University Manila
12:00 PM-1:00 PM	Lunch Break	
1:00 PM – 2:15 PM	<b>Stronger Together: Home, School, and Community Collaboration to Support the Mental Health and Well-being of Children and Youth</b>	<b>DR. CARMELO M. CALLUENG</b> Associate Professor, School Psychology Program, Rowan University-USA
2:15 PM– 3:30 PM	<b>Mental Health and Climate Crisis: Towards Community Building and Advocacy</b>	<b>DR. JOHN JAMIR BENZON R. ARUTA</b> Associate Professor, Psychology De La Salle University, Manila
3:30 PM-3:45 PM	Break	
3:45 PM-5:00 PM	<b>Building Community Resilience Through Accessible Mental Health Support and Social Connection</b>	<b>DR. CONSTANTINE DELLA</b> Head, Division of Consultation-Liaison Psychiatry Department of Psychiatry and Behavioral Medicine University of the Philippines, Manila
5:30 PM-7:30 PM	Cultural Presentation and Fellowship	
End of 1 <sup>st</sup> Day		



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DAY 2		In-charge / Speaker
7:30AM – 8:00AM	Registration	
8:00 AM – 8:15AM	Prayer Recap of 1 <sup>st</sup> Day	
8:15 AM – 8:30AM	<b>Introduction to HeadsUP PH and Training Overview</b>	<b>MS. MARIE JOAN ARMADA-URIETA</b> Program Director, UNILAB Foundation, Inc.
8:30 AM – 12:00 PM	Workshop 1: <b>CARS: Mental Health Screening and Intervention in Schools</b>  Workshop 2: <b>RACE Against Suicide</b>	<b>UNILAB Team</b>
12:00 PM-1:00 PM	Lunch Break	
1:00 PM – 4:30 PM	<b>Continuation of Workshops 1 &amp; 2</b>	<b>UNILAB Team</b>
4:30 PM – 5:30 PM	SPUP Cultural Heritage Tour	
<b>Day 3</b>		
8:00 AM-11:30 AM	<b>Continuation of Workshops 1 &amp; 2</b>	<b>UNILAB Team</b>
11:30 AM-12:00 PM	Integration & Closing	<b>DR. AGRIPINA MARIBBAY</b> Vice President for Academics, SPUP
	Lunch	
End of the seminar-workshop		

**Kindly register through this link:**

[https://docs.google.com/forms/d/12N1GpfGojmor8ZfkRe42gfyKBkyo\\_f9xoIqahcuL5zA/edit](https://docs.google.com/forms/d/12N1GpfGojmor8ZfkRe42gfyKBkyo_f9xoIqahcuL5zA/edit)

**Scan to Register:**



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