

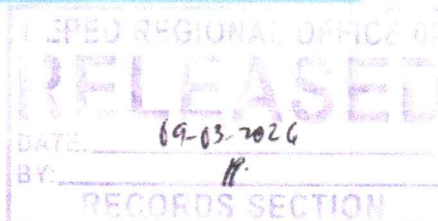


MIND
STRONG



August 26, 2026

DR. BENJAMIN D. PARAGAS, PHD, CESO III
Regional Director – Region 2 (Cagayan Valley)
Department of Education



DepEd Regional Office No. 02



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SUBJECT: Invitation to Teachers – World Suicide Prevention Day 2026

Dear RD Paragas,

Greetings from the Natasha Goulbourn Foundation (NGF).

Considering the distressing situations affecting some of our schools due to mental health challenges, NGF respectfully seeks the support of your good office in inviting teachers throughout the Region to join us in commemorating World Suicide Prevention Day on September 10, 2026, through a special online reshewing of our webinar on understanding and preventing suicide.

The webinar features six powerful scenes from the 2017 ABS-CBN film *Last Night*, a psychological drama-romance directed by Joyce Bernal and starring Piolo Pascual and Toni Gonzaga. Through these scenes, mental health professionals Dr. Ronald Elepaño, Dr. Angela Cuadro, and Dr. Sheryll Abellanosa guide viewers in understanding the complexities of suicide, the stigma surrounding it, and the importance of compassion, early recognition, and timely intervention.

Teachers can play a vital role in suicide prevention. They are often among the first adults outside the home to notice changes in a learner's behavior, emotional well-being, and ability to cope. Greater awareness can help them recognize distress, respond appropriately, and connect vulnerable learners with the support they need.

In keeping with the World Suicide Prevention Day theme, "Changing the Narrative on Suicide," we hope this presentation will encourage meaningful conversations, reduce stigma, and strengthen the safety net surrounding our learners.

WATCH ONLINE | SEPTEMBER 10–13, 2026

The webinar will be available for a limited four-day viewing on the NGFMindstrong YouTube Channel.

We respectfully request your kind assistance in disseminating the attached poster to schools and teachers throughout the Region and encouraging their participation. Teachers may register through the QR code on the poster to receive the viewing link via email.

Watch. Understand. Reach out. Help change the narrative.

Together, we can help create safer, more compassionate schools and play a part in preventing suicide.

Thank you for your kind support and consideration.

Respectfully yours,

RENE EMMANUEL ARAMBUL
NGF Executive Director

To: **ALL SCHOOLS DIVISION SUPERINTENDENTS**

For information, dissemination and appropriate action.

September 2, 2026

BENJAMIN D. PARAGAS PhD, CESO III
Director IV/ Regional Director

For the Regional Director:

JOY SORIANO
Chief ES, QAD
OIC of the Regional Office

MEMORANDUM		Date: 07 Sept 26	Released (Records): hce
To:	☒ PSDS/DICs	☒ Elem/Sec School Heads	
	☒ Private Schools	☒ Others:	
For:	☒ Information	☒ Dissemination	
	☒ Guidance	☐ Strict Compliance	
ORLANDO E. MANUEL PhD., CESO V Schools Division Superintendent			
By:	☐ ASDS	☐ CID Chief	☐ SGOD Chief
	☐ AO	☒ Atty.	Signature: