



Republic of the Philippines  
Department of Education  
Region VII-CENTRAL VISAYAS  
**SCHOOLS DIVISION OF BOHOL**

Office of the Schools Division  
Superintendent

August 16, 2023

Division Memorandum  
No. 0379 series of 2023

**RACE AGAINST SUICIDE SEMINAR**

To: Registered Guidance Counselors  
Guidance Counselor Designates  
Secondary School Teachers  
All Others Concerned

1. This office disseminates the communication dated August 10, 2023 from Karina Mae A. Uy, RGC, PhD regarding **RACE AGAINST SUICIDE Seminar** to be conducted on **September 30, 2023**.
2. The venue shall be announced later. Participation to the seminar shall be on **Official Time**.
3. For more information, please refer to the contact details stated in the letter.
4. For widest dissemination.

  
Evangel M. Luminarias, PhD, CESO V  
Schools Division Superintendent

SGOD/SHN/madl



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August 10, 2023

**Dr. EVANGEL M. LUMINARIAS, Ph.D., CESO V**  
Schools Division Superintendent  
Schools Division of Bohol  
Tagbilaran City

Dear Dr. Luminarias:

The World Health Organization reveals that up to 20% of individuals who experience mental disorders are children and adolescents. This reality has intensified due to the global pandemic which threatened the mental health especially of the youth. In Bohol, this unfortunate phenomenon is reflected in the loss of 63 lives due to suicide from 2021 to 2022 alone.

As educators and mental health professionals, we have the responsibility in promoting mental health, emotional wellness and resiliency that could substantially prevent suicide in our schools and community.

Driven by this essential task and guided by Republic Act 11036 or the Mental Health Act, the **Philippine Guidance and Counseling Association (PGCA)-Bohol Chapter is organizing a RACE AGAINST SUICIDE Seminar on September 30, 2023.**

In line with this, we are *humbly requesting your good agency to endorse our activity to encourage Guidance Counselors, Guidance Advocates and Teachers in the Secondary Schools under the Schools Division of Bohol.*

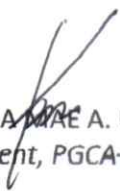
Should you have inquiries, you may contact the undersigned through this number 09499885051 or this email address [bohol.pgca@gmail.com](mailto:bohol.pgca@gmail.com).

We all share the same objectives, that of providing the best for our youth and helping them realize their full potential. We hope that you will be with us in this noble endeavor.

We are looking forward to a positive response on this matter.

Thank you!

Sincerely,

  
KARINA MAE A. UY, RGC, Ph.D.  
President, PGCA-Bohol Chapter