



Republic of the Philippines
Department of Education
 NATIONAL CAPITAL REGION

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 April 22, 2024

In compliance with DepEd Order No. 8, s. 2013
 This Advisory is issued not for endorsement per DO 28, s. 2001,
 but only for the information of DepEd officials,
 personnel/staff, as well as the concerned public.

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COPE UP CARAVAN INVITATION 2024

COPE UP is non-profit, non-partisan and non- sectorian mental health organization based at the University of the Philippines (UP). COPE UP's advocacies include raising mental health awareness, destigmatizing mental illness, and providing a good environment for individuals experiencing mental health disorders.

In line with this, COPE UP will be holding a COPE UP CARAVAN with the title EMBRACING DIVERSITY, FOSTERING A COMMUNITY: A BRIDGE TO MENTAL HEALTH INCLUSIVITY, a month-long celebration, aims to highlight the importance of bridging the gap in access to mental health services. By this, COPE UP will be able to reach out to more students outside the university. Participation of public and private schools shall be subject to no disruption policy and no collection policy.

For more information, please contact:

Mr. Hans Matthew Antiojo
 Overall Head- COPE CARAVAN 2024
cope.caravan@gmail.com
 @COPE_UP

Encl.: As stated

ORD/PAU



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President

Hans Matthew Antiojo
Executive Vice President

**Emanuelle Julia Marie
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Executive Secretary

COPE CARAVAN 2024 ADHOC TEAM

**Hans Matthew Antiojo
John Nicolas Donado
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April 11, 2024

HON. WILFREDO E. CABRAL

Regional Director

Department of Education - NCR (National Capital Region)

Misamis St., Bago Bantay, Quezon City

Greetings from COPE UP!

COPE UP is a non-profit, non-partisan, and non-sectarian mental health organization based at the University of the Philippines Diliman. As the premier mental health organization in the university, COPE UP's advocacies include raising mental health awareness, destigmatizing mental illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental health-related challenges. Since 2017, the organization has conducted educational discussions and has promoted creative content that is in line with its advocacies toward building a mentally healthy country.

This semester, COPE UP will be holding **COPE Caravan**, which features a series of events forwarding the organization's advocacies as well as providing students with healthier ways to cope with the stresses of life. Going by the title **Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity**, the month-long celebration aims to highlight the importance of bridging the gap in access to mental health services, especially with the Filipino communities through a series of events ranging from competitions, advocacy booths, roundtable discussion, and other exciting and informative activities.

One of the events will be an **infographic-making competition**, which aims to provide an avenue for senior high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness. Not only will the students have the opportunity to apply their talents and skills within contemporary social contexts, but they will also have the chance to win cash prizes, along with other tentative incentives.

In line with this, COPE UP humbly requests your office to grant an issuance of a **DepEd Regional Advisory** for immediate information dissemination to the schools within your region. The organization is very eager with its advocacy for mental health awareness and with your participation, COPE UP will be able to reach out to more students outside the university.



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Should you have any questions or concerns, feel free to contact us at cope.caravan@gmail.com or through the undersigned. We are looking forward to your favorable response.

For a mentally healthy Philippines,

Hans Matthew Antiojo
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John Nicolas Donado
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Marla Macaranas
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COPE Caravan 2024