Beat: Local

World Mental Health Day 2018

Recognising World Mental Health

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USPA NEWS - The World Health Organisation recognises World Mental Health Day on 10 October every year.

The day provides an opportunity "for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide". This year's theme set by the World Federation for Mental Health is young people and mental health in a changing world.

On World Mental Health Day, the UK´s Intelligence Agencies (GCHQ, MI5 and MI6) are coming together to support Time to Change´s goal of breaking the silence and ending the stigma around mental health, with the Heads signing the Employer pledge.

One in four people in Britain experience a mental health problem every day and many suffer in silence. Whether that´s people in our organisations or in wider society, we are committed to changing the way everyone thinks and acts about mental health.

With the nature of our work, the mental wellbeing of our colleagues is vital. We will continue to encourage open conversations about mental health, make improvements to our policies and procedures, and strive to foster an even more supportive and inclusive culture where everyone can be themselves and feel supported every day.

Mental health problems can affect anyone, any day of the year, but 10 October is a great day to show your support for better mental health and start looking after your own wellbeing.

Taking care of our mental health
We all need to take care of our mental health and wellbeing whether we have a mental health problem or not.

Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. It can change from moment to moment, day to day, month to month or year to year.

For information regarding World Mental Health Day 2018 please click on the 'More Information' link below.

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