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World Mental Health Day

Since 1992, October 10 has been designated World Mental Health Day by the World Federation for Mental Health and supported by the World Health Organization (WHO).

World Mental Health Day highlights many aspects of the challenges faced globally that can lead to mental disorders. It also emphasizes the need for services, skills and funding for mental health care and treatment across the globe.

This year, the WHO has launched the campaign, making mental health and well-being for all a global priority. It's an opportunity for advocates, people with mental health conditions and all stakeholders to come together around this shared aim.

Remember that caring for your mental health and wellbeing can make a difference in your overall health.

Need a little support?

Resources For Living is here for you 24/7. Visit us online or call anytime.

**For more information including mental well-being resources check out:
WHO Mental Well-being resources**

Check out this infographic for ways to overcome challenges in your daily life to improve your mental wellbeing

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