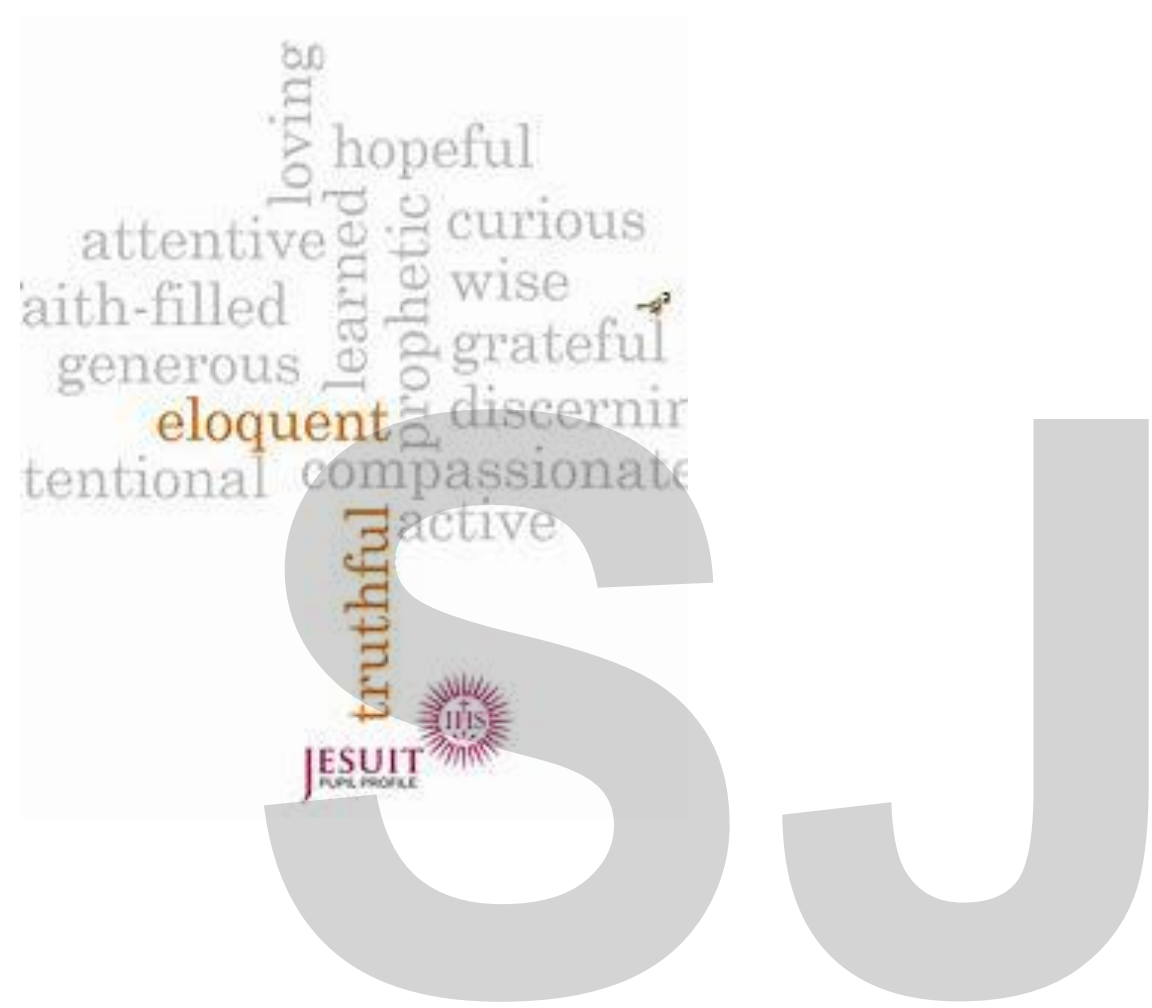




ARTICLE 12: You have the right to an opinion and for it to be listened to and taken seriously.

United Nations Convention on the Rights of the Child

An illustration showing three stick figures. One figure on the left is speaking into a microphone. A second figure in the middle is holding a megaphone. A third figure on the right is holding a speech bubble. A small laptop with a face is also present.



Let us pray...

God of Peace, as we approach mental health awareness week, I pray that we remain still and know that You are God. Despite what we may think or feel, You are still our God and nothing can change that. Whether we are rich, poor, happy, sad, You are our God. Your nature is not dependent upon anyone or anything else and for that Father I glorify You. I pray that we put our trust in knowing that You are the Unshakable Rock. Thank You Lord, Amen St Joseph... Pray for us.

World Mental Health Day (WMHD) was established on 10th October 1992 by the World Federation for Mental Health. Since then, it has been observed every year with the aim of raising awareness in the global community about critical mental health agendas through collaboration with various partners to take action and create lasting change.

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



Mental health matters on the days when everything happens and the days when nothing happens. When life is busy and unpredictable and when it's quiet and ordinary too. That's why we fight every day, to support more people tomorrow.

World Mental Health Day happens every year on 10th October, and aims to create an opportunity to talk about mental health, as well as raise awareness of people suffering from mental health problems.

This year's theme set by the World Federation for Mental Health is **'Access to Services'** – mental health in catastrophes and emergencies. The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.

The theme of World Mental Health Day is “Access to Services – Mental Health in Catastrophes and Emergencies.”

The theme of this year's World Mental Health Day is “**Access to Services** – Mental Health in Catastrophes and Emergencies.” This theme seems highly opportune to the current global situation. The world news reports countless catastrophes and emergencies. How are these catastrophes and emergencies affecting the mental health of human beings? Is there sufficient access to services to sustain, if not improve, mental health? If the catastrophes and emergencies are so pervasive, these phenomena must be deeply rooted in the essential natures of human beings.

To counter the untoward effects of these essential natures, we need to mobilize the other fundamental natures of human beings that facilitate support, healing, and care for others. The World Federation for Mental Health (WFMH) continues to be committed to achieving better mental health for human beings. To tackle the global issues, the WFMH needs to collaborate with its national & global partners.



[Bing Videos](#)

Millions of people worldwide were and are affected by catastrophes and emergencies.

- ❑ Nearly one-third of disaster-affected people may experience burdensome consequences in the mental health context.
- ❑ Mental health disorders caused by disasters and emergencies require special skills, knowledge and competences of professionals.
- ❑ International guidelines and reports recommend various activities, support forms and actions for providing mental health and psychosocial support (MHPSS) during emergencies.
- ❑ Mental health support in emergencies requires “a major rethink” of professionals and others.
- ❑ The effects of emergencies and catastrophes are varied and multifaceted. For affected people and for deployed helpers.
- ❑ This year's theme also serves to highlight that these are areas where mental health disorders can occur more frequently, that many of these affected people need professional mental health support, and that the necessary support must reach them.
- ❑ It is also the task of the WFMH to ask political leaders, social leaders and chairpersons at national and international level for substantial support for these people, so that humans have the best possible access to the necessary professional help. This requires advance planning for all types of crises and implementation in advance in the areas of education, further training and MH knowledge and competences.
- ❑ Constant exposure to trauma, coupled with the pressure of providing help under extreme and challenging conditions, can place an immense burden on mental well-being of all the professionals. The WFMH therefore calls for special attention and protection for these employees.



A hand is shown from the bottom left, reaching upwards with fingers slightly spread. The background is a bright, hazy sky with a sunburst effect. Large, semi-transparent letters spell out 'SUNSHINE' across the image. The word 'SUN' is in a darker shade, while 'SHINE' is in a lighter shade.

Taking care of yourself and others

WMHD is an important day when we can all take time to think about our own mental health, and how we look after it. We can also take a moment to think about those around us, and how we can support them when they're struggling.

Take the opportunity this World Mental Health Day to either do, or plan to do, one thing, such as going for a walk, doing something creative, taking the first steps to getting support for yourself, or reaching out to someone else.



There are little things we can all do to help look after our mental health and by completing 5 actions each day, we can begin to see an improvement to our wellbeing, these are the 5 ways to wellbeing. #

Having good mental health helps us relax more, achieve more and enjoy our lives more. Follow the links below for more information, and practical tips, on looking after yourself and improving your wellbeing...

Click on the link below to read about the 5 ways to wellbeing.

[5 Ways to Wellbeing - Wellbeing Info](#)

- **physical impacts:**
 - aches and pains
 - tiredness
 - digestive problems
 - sleep issues
 - nail biting

The impact of overwhelm

Feeling overwhelmed isn't just an emotional response to continual stress – it can also be a physical and mental process. Being exposed to a threat triggers the stress response (fight, flight, freeze mode), which can be useful in situations that require us to take action to ensure our safety. However, when the stress response is triggered long-term, it can have serious impacts on our health. For example, after relentless bad news, you might notice the following changes in yourself:

Chronic stress builds up slowly, which is why you may not see these signs straight away. You may even feel like you should push through them, but recognising what is happening is important – you are having human reactions to an increasingly unstable world.

- **mental impacts:**
 - trouble concentrating
 - difficulty making decisions
 - low motivation
 - memory problems
 - constant worrying
- **emotional impacts:**
 - irritability
 - anger
 - sadness
 - numbness



Why the world feels so overwhelming

Sometimes, it can feel like the world is constantly in crisis. We've lived through a pandemic, a climate crisis and times of social injustice. Between these issues and global conflicts, economic instability and political unrest, bad news may seem like it's everywhere.

Plus, thanks to smartphones and social media, we have round-the-clock access to the latest news. Staying informed about what's happening in the world can be a good thing. However, having 24/7 access to current events means there's potentially no limit to how much we consume.

If you've found yourself doomscrolling late at night, feeling helpless or wondering whether you should stop reading the news for the sake of your mental health, you're not alone.

Being continually exposed to the news can cause a sense of overwhelm, taking a toll on our mental health and leaving us feeling emotionally drained, anxious, helpless, guilty and scared. But the good news is that by looking after your mental health, you can manage this overwhelm.



Overwhelm: when global events and relentless bad news become too much



Constantly hearing about negative news from around the world can feel like a lot to take in – and that's because it is. Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health.



In the digital age, managing how much information we take on board might feel impossible. But you can take control and limit the impact of global overwhelm on your well-being.



Click on the link below to read about managing your wellbeing when global events and relentless bad news become too much

[WMHD 2025 - tips poster](#)

World Mental Health Day is a great opportunity for us to come together to talk about mental health and show everyone that it matters. The information below from the Mental Health Foundation sets out some helpful tips as well as what to expect.

1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.



Follow the links below for more information, and practical tips, on looking after yourself and improving your wellbeing...

SELFHLS

Follow the links below for more information, and practical tips, on looking after yourself and improving your wellbeing...

[Get Your Mind Plan](#) – get your free plan with tips to help you improve your wellbeing.

[Mind's Side By Side Online Community](#)

[Mental Health Foundation's Best Mental Health Tips backed by research](#)

[Kickstart Your Health](#) – physical health and mental health go hand in hand.

[Practical ways to help yourself cope from the Samaritans](#)

[Mental Health and Self-Care Guidance for Young People](#)

[Self-Help Guides from CNTW](#)