

## **ALL ABOUT WORLD MENTAL HEALTH DAY**

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World Mental Health Day is observed on 10<sup>th</sup> October every year, with the overall objective of raising awareness of Mental Health issues around the world and mobilizing efforts in support of Mental Health.

On this day, the Mental Health Professionals, working on Mental Health issues do their best to talk about their work and what more needs to be done to make mental health care A REALITY FOR PEOPLE worldwide.

The Mental Health Evidence & Research team ( MER) at WHO is deeply committed to closing the gap between what is needed and what is currently available to reduce the burden of mental disorders worldwide and to promote Mental Health.

MER team transfers this objective into action through increasing the awareness and information domain through articles that will be pasted on the Center Web page. This information can be used to strengthen mental health care systems which will result in better care & services to individuals and communities.

Taking cue from this Psychological Counseling wing plans to organize awareness talks on varied topics from Emotional well being to all relevant areas covering the Psychological Domains for leading a Quality Life with a Good Mental Health and Physical Well Being.

### **MENTAL HEALTH IN EMERGENCIES:**

The target is on those who are exposed to or experiencing EXTREME STRESS, Internally displaced due to some reasons, Exposure to extreme stressor is a risk factor for Mental Health and Social Problems.

DEPARTMENTS AND CENTERS ' FOCUSING ON MENTAL HEALTH IN EMERGENCIES DO SO MOSTLY WITH THE OBJECTIVE OF PREVENTING SUICIDE

### **MENTAL HEALTH & PSYCHO SOCIAL SUPPORT IN EMERGENCIES:**

Program aims to develop young peoples' coping skills and enhance RESILIENCE.

Break down stigma surrounding Mental Health Problems

Develop Skills in Stress Management

Improve in Communication Skills

Enhance Self Esteem

Develop Supportive Relationship with PEERS

Increase Understanding & Acceptance of EMOTIONS

Every year WHO takes a theme and works on it to create thw Awareness among the general Public.

Accordingly the theme for 2014 is “ Living with SCHIZOPHRENIA”—The Focus of WHO will be living a healthy life with SCHIZOPHRENIA.

**ALL ABOUT THE THEMES OF WHO:**

In 2009-----World Mental Health Day was launched

In 2010 ----- Awareness on the Benefits of being MINDFUL was raised

In 2011 -----The theme for WMD was on Investing in Mental Health

In 2012-----Depression—A Global Crisis was the central theme

In 2013-----Focus was on Mental Health of Older Adults

In 2014-----Shining the light on SCHIZOPHRENIA