



75 YEARS



IMPACT REPORT

WFMH GLOBAL CAMPAIGN 2023

MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

RECOGNIZING

75 YEARS OF WFMH AND

WORLD MENTAL HEALTH DAY 2023

WWW.WMHDOFFICIAL.COM

INTRODUCTION

As the Secretary-General of the World Federation for Mental Health (WFMH), it gives me great pleasure to share the Impact Report of the WFMH Global Campaign 2023 recognizing the 75th Anniversary of WFMH and World Mental Health Day 2023.

I know that each and every one of you has worked very hard to make the WFMH Global Campaign 2023 a success, and I am very grateful for your support. This Impact Report highlights some of the global initiatives that have taken place to raise the importance of mental health and well-being globally.

Thanks to the WFMH Officials, Staff at the Office of the WFMH Secretary-General, the WFMH Support Team, and the Global Volunteers Team for their dedication and hard work. My sincere thanks to then WFMH President, Dr Nasser Loza and the WFMH Executive Committee and Board Members for their leadership. Sincere thanks to Dévora Kestel, Director, Mental Health and Substance Use Department, World Health Organization (WHO) for her support. I am deeply grateful to the United Nations (UN) Secretary-General António Guterres who continues to advocate for global mental health and well-being during these difficult times - we are thankful. Special thanks to the World Council of Churches (WCC) and Dr. Manoj Kurian, WCC Coordinator, for their immense support and efforts.

Mental health and well-being cannot be achieved without everybody's contribution.

Please continue the good work that you are all doing, and I very much hope that you enjoy reading the WFMH World Mental Health Day 2023 Impact Report.

GABRIEL IVBIJARO MBE
SECRETARY-GENERAL
WORLD FEDERATION FOR MENTAL HEALTH



THE IMPACT

WFMH GLOBAL CAMPAIGN 2023

This report brings together highlights of some of the activities of the WFMH Global Campaign 2023 that the World Federation for Mental Health has been involved with. Here are some of the key statistics from the impact of our WFMH Global Campaign 2023. We know that many more activities have taken place globally - thank you for your energy and your efforts towards World Mental Health Day!

2 MILLION

IMPRESSIONS

On WFMH Social Media Platforms

200K

OUTREACH

Through Share Your Initiative

70K

USERS

On the Campaign's Official Website

150

DAYS

Duration of the Global Campaign

100

EVENTS

Partnered and Featured by WFMH

30

COUNTRIES

Via Global Events and Initiatives

50

ASSOCIATIONS

With Universities and Organizations

1500

VOLUNTEERS

In the Global Volunteers Team

3000

PARTICIPANTS

Of Virtual and In-Person Events

ABOUT THE REPORT

The WFMH Impact Report 2023 aims to put-forth the initiatives organized and featured by the World Federation for Mental Health, its Members, Partners and Volunteers from all across the World as part of the WFMH Global Campaign 2023 on the occasion of WFMH's 75th Anniversary and World Mental Health Day 2023.

THE OUTLINE

The Impact Report has been categorized and presented into the following sections:

SECTION A

MESSAGES FROM
THE DIGNITARIES

SECTION B

ABOUT
WFMH AND WMHD

SECTION C

GLOBAL EVENTS
AND INITIATIVES

SECTION D

SPECIAL
FEATURES

SECTION E

WFMH OFFICIALS
AND VOLUNTEERS

SECTION F

JOIN OUR
EFFORTS

SECTION G

NOTE OF
THANKS

SECTION A

MESSAGES FROM THE DIGNITARIES

- MESSAGE FROM WFMH PRESIDENT
- MESSAGE FROM UNITED NATIONS SECRETARY-GENERAL
- MESSAGE FROM WHO DIRECTOR-GENERAL
- MESSAGE FROM DIRECTOR DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE USE, WORLD HEALTH ORGANIZATION
- MESSAGE FROM WFMH SECRETARY GENERAL

MESSAGE FROM WFMH



NASSER LOZA

PRESIDENT

WORLD FEDERATION FOR MENTAL HEALTH



This year's theme underscores the fundamental principle that access to mental health care and support is not a privilege but a right that belongs to every individual. It seeks to bridge the stark disparities in access to mental health services while addressing the intersection of human rights and mental health outcomes.



MESSAGE FROM UNITED NATIONS



ANTÓNIO GUTERRES

SECRETARY GENERAL
UNITED NATIONS



Mental health is not a privilege but a fundamental human right – and must be part of universal health coverage. Governments must provide care that promotes people’s recovery and upholds their rights. This includes strengthening community-based support and integrating psychological help into broader health and social care.



MESSAGE FROM WHO



DR TEDROS ADHANOM GHEBREYESUS

DIRECTOR-GENERAL
WORLD HEALTH ORGANIZATION



On World Mental Health Day, WHO calls for mental health to be respected as a human right. We call on all countries to invest in mental health, particularly in community-based services. Because there is no health without mental health.



MESSAGE FROM WHO



DÉVORA KESTEL

DIRECTOR, MENTAL HEALTH AND
SUBSTANCE USE DEPARTMENT, WHO



Through greater investment in mental health, community-based care and services, and by ensuring that the rights and experiences of people with mental health conditions are at the centre of our mental health policies and services, we can build a world where quality mental health care is available to all those who need it, and where mental health is truly upheld as a universal human right.



MESSAGE FROM WFMH



GABRIEL IVBIJARO

SECRETARY-GENERAL
WORLD FEDERATION FOR MENTAL HEALTH



We have come a long way and there is still so much to be done. We have set up a three-pillar approach to mental health advocacy enabling all of us to play our parts: government, citizens and professionals working together for a better today and a better tomorrow.



[READ THE FULL MESSAGES AT WMHDOFFICIAL.COM](http://WMHDOFFICIAL.COM)

SECTION B

ABOUT WFMH AND WORLD MENTAL HEALTH DAY 2023

- ABOUT WORLD FEDERATION FOR MENTAL HEALTH
- ABOUT 75TH ANNIVERSARY OF WFMH
- ABOUT WORLD MENTAL HEALTH DAY
- ABOUT THE CAMPAIGN LOGO 2023
- ABOUT OFFICIAL WMHD WEBSITE
- ABOUT THE OFFICIAL THEME 2023

ABOUT WFMH



WORLD FEDERATION FOR MENTAL HEALTH

FOUNDERS OF WORLD MENTAL HEALTH DAY

WFMH is an international membership organization founded in 1948 to advance, among all peoples and nations, the prevention of mental and emotional disorders, the proper treatment and care of those with such disorders, and the promotion of mental health. The organisation believes in the principles of multidisciplinary approach and grassroots advocacy. Today, the Partners, Members and Volunteers of WFMH are present in more than 100 Countries across the World.

[LEARN MORE ABOUT WFMH](#)

ABOUT WMHD

WORLD
MENTAL
HEALTH
DAY



FOUNDED IN 1992 BY WFMH

World Mental Health Day was observed for the first time on 10 October 1992. It was started as an annual activity of the World Federation for Mental Health by then Deputy Secretary-General Richard Hunter. The day, officially commemorated every year on October 10th, aims to raise awareness in the global community about critical mental health agendas, with a unifying voice through collaboration with various partners, to take action and create lasting change.

LEARN MORE ABOUT WMHD

ABOUT WFMH 75

THE BIG OCCASSION: CELEBRATING 75 YEARS OF WFMH

2023 marked the 75th Anniversary of WFMH and therefore, the key objective of the WFMH Global Campaign 2023 was to highlight the journey of WFMH over the last 75 years. Founded in 1948, WFMH began with members, 'not of individuals or countries, but of societies' from 46 countries. The organization chronicles the emergence of a global movement, one that has tirelessly championed the cause of mental health awareness, shattered stereotypes around mental disorders, and changed the global mental health landscape.

READ THE THEME BRIEF

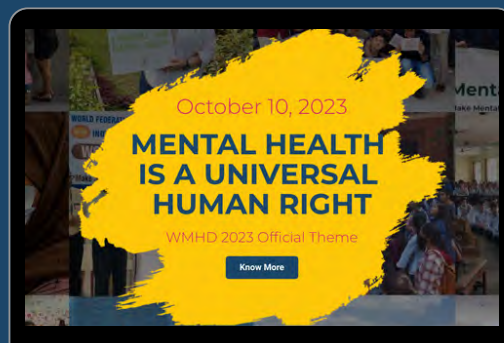
OFFICIAL LOGO



THE OFFICIAL LOGO OF WMHD 2023

This year's logo represents the 75th Anniversary of WFMH and World Mental Health Day 2023. The blue-colored waves in the logo symbolize the river Thames, which flows through London, the city where the foundation for WFMH was laid at the International Congress on Mental Health in August 1948. The different shades represent inclusivity and diversity among people across the world. The heart at the centre represents shared humanity, which is the key to uniting people across the globe for the cause of mental health.

WEBSITE



The Official Website - www.wmhdofficial.com, by the founders of World Mental Health Day, highlighted the Events, Initiatives and Work of WFMH, its Partners and Volunteers across the globe, under the ambit of the WFMH Global Campaign 2023, which recognized World Mental Health Day 2023 and the 75th Anniversary of WFMH.

[WWW.WMHDOFFICIAL.COM](http://www.wmhdofficial.com)

CAMPAIGN TOOLKIT



MENTAL HEALTH IS A UNIVERSAL
HUMAN RIGHT

World Mental Health Day 10 October 2023

Toolkit



This year, WFMH launched a Campaign Toolkit for World Mental Health Day 2023, inviting the public and stakeholders to join our movement towards global mental health awareness and change. Our sincere thanks to the WFMH Legal Advisor, Mrinal Kanwar for leading the development of this Toolkit, and to Ellen Berger, Elena Mercer, Michelle Riba, Todd Edwards, Igor Svab, Kathryn Goetzke, Lucja Kolkiewicz, Henk Parmentier, Afzal Javed, Danuta Wasserman, Claire Brooks, Lisa Weston, Steve Maingot, Mario Merlo & Hitesh Sanwal for their contributions.

[DOWNLOAD THE CAMPAIGN TOOLKIT](#)

THE OFFICIAL THEME

WFMH GLOBAL CAMPAIGN 2023

MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

On 10 October 2023, we celebrated World Mental Health Day with the theme 'Mental Health is a Universal Human Right', which was chosen by a global vote open to the public, including World Federation for Mental Health members, stakeholders, and supporters. Investment and transformation in mental health is needed to help stop the widespread human rights violations that people with mental health conditions continue to experience worldwide due to discrimination and stigma. This year's theme enabled us to re-double our efforts to ensure that everybody should receive quality mental health care and that the human rights and well-being of people with mental illness are respected in all parts of the world.

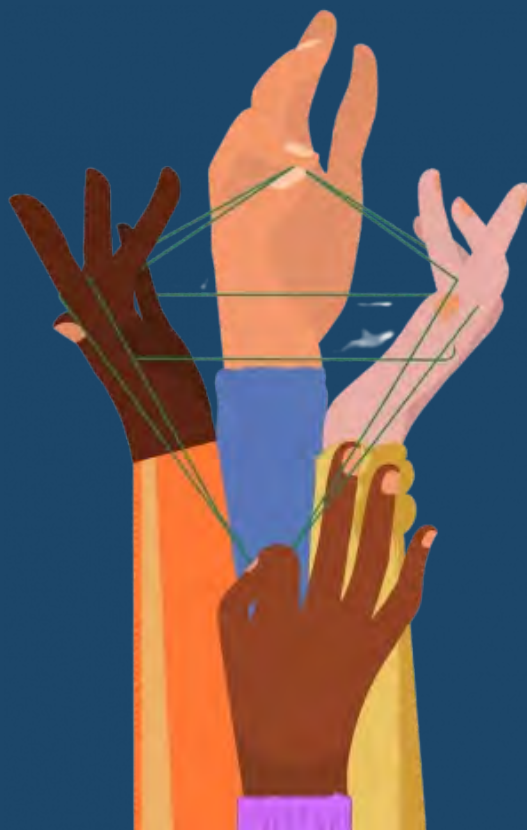


[LEARN MORE ABOUT THE THEME](#)

SECTION C

GLOBAL EVENTS AND INITIATIVES

Through this section, we aim to recognize and celebrate a range of global initiatives that were conducted by stakeholders across the world to highlight the theme of the WFMH World Mental Health Day 2023 Global Campaign, 'Mental Health is a Universal Human Right'. A variety of events and initiatives, from webinars to awareness rallies, were conducted to sensitize people about the importance of mental health and recognizing it as a universal human right.



GLOBAL EVENTS

100 EVENTS IN 30 COUNTRIES ACROSS THE WORLD

Here is the list of countries from all across the World where the events featured by WFMH were organized by our collaborators



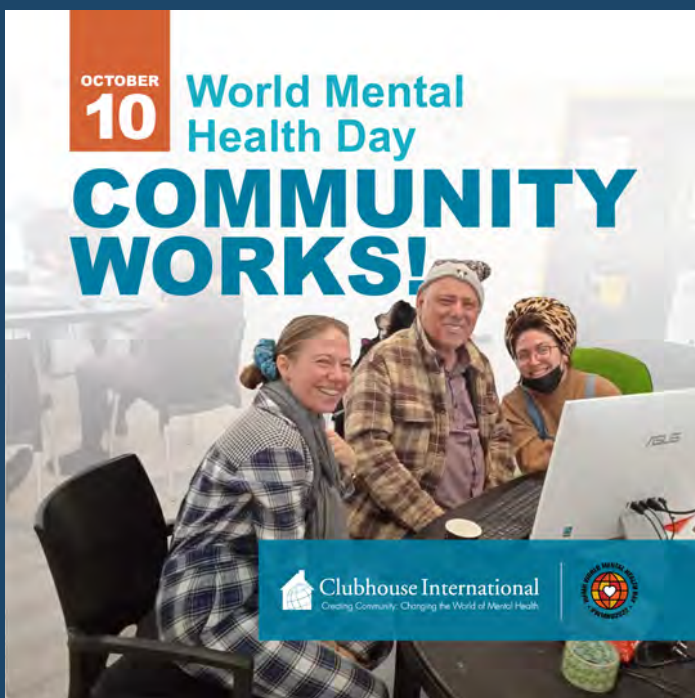
- AFRICA
- ARGENTINA
- AUSTRALIA
- BRAZIL
- COLOMBIA
- CZECH REPUBLIC
- DUBAI
- FRANCE
- GREECE
- INDIA
- ITALY
- KENYA
- MALDIVES
- MYANMAR
- NEPAL
- NIGERIA
- PAKISTAN
- PHILLIPINES
- PORTUGAL
- QATAR
- RWANDA
- SAUDI ARABIA
- SPAIN
- SWITZERLAND
- TURKEY
- UK
- UKRAINE
- USA

GLIMPSE OF THE GLOBAL EVENTS

Here, we have featured the posters of the Global Events and Activities organized in different parts of the World. WFMH partnered with the respective organizers for some of these events. All of these events were featured on WFMH's Official Website of World Mental Health Day. Click on the link given below to learn more about these events and initiatives.

[LEARN MORE ABOUT OUR GLOBAL EVENTS](#)

USA



LONDON



ITALY



Lucania Musicale ACCIAZIONE CULTURALE

Accademia Musicale Mediterranea
Pezza, Taranto, Leporano e Fasella

PRESENTANO

MusicalMENTE

CON IL PATROCINIO DEL
COMUNE DI TARANTO



Relatori della serata

 Dott. M. Scapecchi	 Dott.ssa M. P. Bianchi Zamorani
---	--

Interventi musicali a cura di

 Romiria Lauria	 Eleonora Lanza
---	---

Decorative flourish at the bottom.

SAUDI ARABIA



WFMH WORLD FEDERATION OF MENTAL HEALTH

Zoom Webinar

اليوم العالمي للصحة النفسية
World Mental Health Day
October 10th

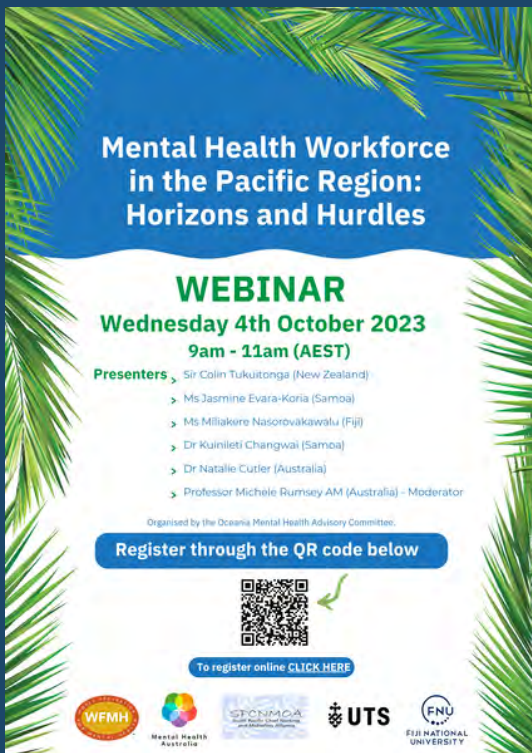
'Saudi Board Postgraduate Residency in Psychiatry at Ar'ar:
The Glory Journey'
البورء السعودى لشهادة الاختصاص فى الطب النفسى بعرة:
رحلة المجد

"الصحة النفسية حق انساني عالمى"
"Mental Health is a Universal Human Right"

Time: Oct 10, 2023 09:00 PM Riyadh Join Zoom Meeting
<https://us04web.zoom.us/j/74557560829?pwd=as4lc0lr1N5i8bmltZUo5MjYMcWAwTGJm>
Meeting ID: 745 5756 0829 Passcode: ECMH-NB

اللجنة السعودية للتخصصات الطبية
Saudi Commission for Health Specialties

PACIFIC/OCEANIA



Mental Health Workforce in the Pacific Region: Horizons and Hurdles

WEBINAR


Wednesday 4th October 2023
9am - 11am (AEST)

Presenters

- Sir Colin Tukuitonga (New Zealand)
- Ms Jasmine Evara-Koria (Samoa)
- Ms Milakere Nasorovakawalu (Fiji)
- Dr Kuinileti Changwai (Samoa)
- Dr Natalie Cutler (Australia)
- Professor Michele Rumsey AM (Australia) - Moderator

Organised by the Oceania Mental Health Advisory Committee.

Register through the QR code below



To register online [CLICK HERE](#)

Logos: WFMH, Mental Health Australia, SPANMOA, UTS, FNU

USA



2023

WORLD MENTAL HEALTH DAY


A GLOBAL CELEBRATION OF MENTAL WELLNESS
WITH **NADIA THAJI, PH.D**

TUE, OCT 10, 2023
10:00 AM PDT

SIGN UP HERE : [HTTPS://BIT.LY/MHEALTH2023](https://bit.ly/mhealth2023)



NIGERIA



Tuesday, Oct. 10th, 2023. 8pm

Theme
Mental Health & Human Rights

A World's Mental Health Day Event, Happening Live on TWITTER SPACE.

Host: Semisoore Oloare (Founder, Menthal), Tinuola E. Oloadojo, Wuroola Akanbi, Isaac Adesokitan

Speakers: [Grid of speaker portraits]

Menthali_

USA

COME WITH ME TO
CHURCH MENTAL HEALTH SUMMIT 23



OCTOBER 10TH, 2023
FREE REGISTRATION
WWW.CHURCHMENTALHEALTHSUMMIT.COM

GREECE



ΠΑΓΚΟΣΜΙΑ ΗΜΕΡΑ ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ

ΕΠΕΨΥΧΙΑΤΡΙΚΗ ΕΤΑΙΡΕΙΑ

ΗΜΕΡΙΔΑ ΜΕ ΘΕΜΑ:
«ΨΥΧΙΚΗ ΥΓΕΙΑ ΕΝΑ ΟΙΚΟΥΜΕΝΙΚΟ ΔΙΑΚΑΙΩΜΑ»

ΚΛΑΔΟΣ ΣΤΡΑΤΙΩΤΙΚΗΣ ΨΥΧΙΑΤΡΙΚΗΣ ΕΦΕ
ΨΥΧΙΑΤΡΙΚΟ ΤΜΗΜΑ ΕΞΩΝΟΣΟΚΟΜΕΙΑΚΗΣ ΠΕΡΙΟΧΗΣ
424 Γ.Σ.Ν.Ε

ΔΕΥΤΕΡΑ 16 ΟΚΤ. 2023
Αμφιθέατρο 424ΓΣΝΕ
Ώρα: 10:30 - 14:00

Εκδήλωση ανοιχτή
Στους Επαγγελματίες Υγείας και στο Κοινό

Διεύθυνση ομιλίας: info@epipsyhiatiki.gr



LONDON

East London NHS Foundation Trust
Barts Academic Afternoon

Medical Education

Psychiatry without coercion—myth or vision?

Chaired By: Dr. Martin Zinkler & Prof. Frank Röhrich
Wednesday 6th September 2023
14:00pm—17:00pm
Morris Lecture Theatre

Presentations	Speakers
Welcome and Overview	Dr. Martin Zinkler & Prof Frank Röhrich
14:05—14:35 "Human rights, autonomy and coercion"	Prof Fabian Freyenhagen University of Essex
14:35—15:10 "How a human rights-based law reform can support the reduction in and alternatives to psychiatric coercion"	Prof Jill Stavert Professor on Mental Health & Capacity Law School of Health & Social Care, Edinburgh Napier University
15:15—15:30 Tea / Coffee break	
	Dr Martin Zinkler
15:30—16:00 "Experience in managing mental health crisis care without coercion"	Klinikum Bremen-Ost / Germany; Co-Editor of "Law & Psychiatry" in Germany
16:05—16:45 "The Trieste model revisited - Open Door, No Restraint System of Care"	Dr Roberto Mezzina Consultant Psychiatrist & Vice President (Program Development) of the World Federation for Mental Health for Europe
16:45—17:00 "Panel discussion; Q&A"	All
Feedback & Closing remarks	Dr Martin Zinkler & Prof Frank Röhrich

QATAR

MENTAL HEALTH FESTIVAL

PRESENTED BY



Flourishing Minds Clinic

عيادة فلورشين مايندز

NEPAL

Rhythm Neuropsychiatry Hospital

World Mental Health Day—October 10, 2023
“OUR MINDS, OUR RIGHTS”
Mental health is a universal human right

01-5450977/5450411
9820550011/9851341222

rhythm@rhythmofmymind.com

Ekantakuna Rd., Lalitpur
Maharegunj, Kathmandu

जीवन को रिदम बिग्रेमा, रिदम हस्पिटल छदै छ नि

GREECE



ΠΑΓΚΟΣΜΙΑ ΗΜΕΡΑ ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ

Η Ψυχική Υγεία είναι
Ανθρώπινο Δικαίωμα

ΠΡΟΣΚΛΗΣΗ

Τετάρτη, 27 Σεπτεμβρίου 2023
Ωρα: 7.00 μμ

Ελληνικό Ίδρυμα Πολιτισμού
Στρατηγού Καλαρη 50, Παλ. Ψυχικό

ΠΡΟΓΡΑΜΜΑ

Προσωπικές

Ομιλίες

Γεώργιος Χριστοδούλου, Ομοσ. Καθηγητής Ψυχιατρικής ΕΚΠΑ
Πρόεδρος Εταιρείας Προληπτικής Ψυχιατρικής

Μαρίνα Οικονόμου, Ομοσ. Καθηγήτρια Ψυχιατρικής ΕΚΠΑ

Νικόλαος Τζαβάρας, Ομοσ. Καθηγητής Ψυχιατρικής
Πρώην πρόεδρος Ελληνικής Ψυχιατρικής Εταιρείας

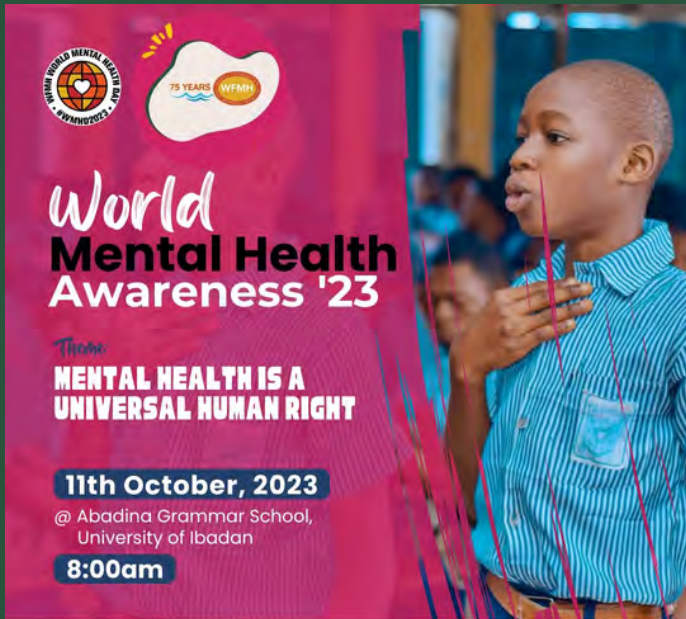
Νικόλαος Χριστοδούλου, Αναπλ. Καθηγητής Ψυχιατρικής
Πανεπιστημίου Θεσσαλίας
Γεν. Γραμματέας Εταιρείας Προληπτικής Ψυχιατρικής

UKRAINE

VI INTERNATIONAL CONFERENCE “Mental
Health: Global challenges of XXI century”

April 15-16 2022
October 06 2022

NIGERIA



World Mental Health Awareness '23

Theme
MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

11th October, 2023
@ Abadina Grammar School,
University of Ibadan
8:00am

75 YEARS WFMH

BENIN



Festival International du BIEN-ÊTRE Mental

10 >> 14
Octobre 2023

Cérémonie d'ouverture

- Projection du Film Club des Dépressifs Anonymes
- Panel sur le thème : La Santé Mentale est un droit humain Universel
- Prestations Artistiques

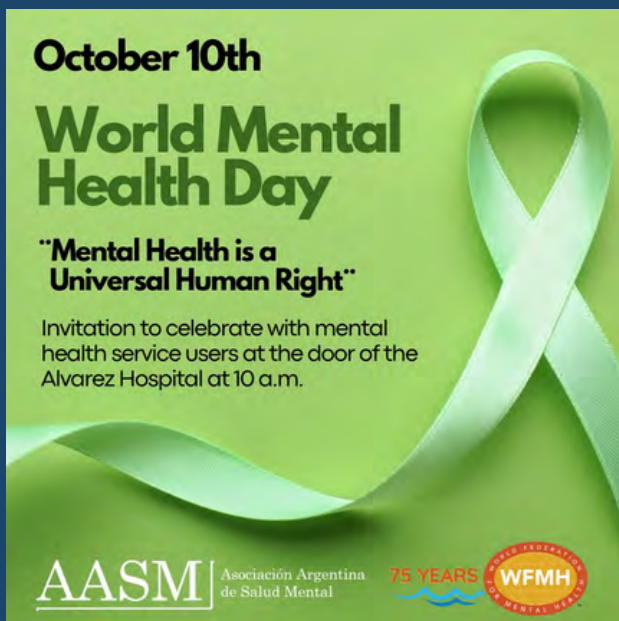
Bibliothèque BÉNIN EXCELLENCE de Cotonou (dans l'enceinte de la FSS)

+229 95 43 16 92 | bienetrementalfestival@gmail.com

Festival International du Bien-être Mental

MINISTÈRE DE LA SANTÉ REPUBLIQUE DU BÉNIN | VALLET | BE | Korede | Dolair | EVA | LiA | D'U | Minter-Jobey | ODDP | C | U

ARGENTINA



October 10th

World Mental Health Day

"Mental Health is a Universal Human Right"

Invitation to celebrate with mental health service users at the door of the Alvarez Hospital at 10 a.m.

AASM | Asociación Argentina de Salud Mental | 75 YEARS WFMH

COLOMBIA



FUNDACIÓN KHARMINO

USA

CHURCH MENTAL HEALTH SUMMIT 2023
COME WITH ME TO



OCTOBER 10TH, 2023
FREE REGISTRATION
WWW.CHURCHMENTALHEALTHSUMMIT.COM

COLOMBIA

Salud
MENTAL FEST USME

Atrévete
A SENTIR - PENSAR

Lunes 9 Oct
8 - 12:30 am

Auditorio Somos Usme
Portal de Trasmilenio

EMOCIONES DE UN TERRITORIO

- 8:00 - 8:30 am. Registro
- 8:30 am. Presentación Agrupación US Mujeres Inspiradoras
- 9:00 - 10:30 am Lab. Innovación Humanidad Sentipensante
- 10:30 - 11:30 Documental La Hora del Desahogo
- 11:30 - 12:30 PAP Maternidades

Inscríbete



TURKEY

8-14 Ocak
Enerji Tasarrufu Haftası



AFFORDABLE AND CLEAN ENERGY

PHILLIPINES



2023
WORLD MENTAL HEALTH DAY
A GLOBAL CELEBRATION OF MENTAL WELLNESS
WITH **NADIA THAJI, PH.D**

TUE, OCT 10, 2023
10:00 AM PDT

SIGN UP HERE : [HTTPS://BIT.LY/MHEALTH2023](https://bit.ly/mhealth2023)



INTERCULTURAL PSYCHOLOGY

ARGENTINA

Por que la Salud Mental es un derecho universal

5/10 DIA INTERNACIONAL DE LA SALUD MENTAL

Invitamos a participar en los siguientes encuentros virtuales:

- ¿Por qué es importante reconocer nuestras emociones? (viernes 13/10/23 18 hs.)
- Procesos emocionales implicados en las enfermedades crónicas. (miércoles 18/10/23 9:30hs)
- ¿Cómo ayudarnos a gestionar nuestras emociones? (viernes 20/10/23 16hs)

Hora Argentina

A través de vivo de la cuenta de Instagram charlaymatecito

NIGERIA

WHYTEWORLD MENTAL HEALTH WEBINAR

12 - 2 PM

TO DISCUSS:

NURTURING POSITIVE MENTAL HEALTH IN SCHOOLS

Highlights include:
Child Psychology vs. Learning, Importance of Mental Health Awareness in Schools, Promoting Mental Health in the Classroom, School Policies, etc.

Who to attend:
School Owners, Directors, Heads of Schools, Administrators, School Counsellors, Class Teachers, Carers, etc.

DATE: SAT. 21/10/2023

TO SIGN UP

<https://chat.whatsapp.com/ljgqpvngR9iILRtTDA7hq9r>

SPAIN

Luz para la depresión

UN LIBRO PARA TRANSFORMAR EL DOLOR EN CUENTOS Y CONCIENCIAR SOBRE LA ENFERMEDAD MENTAL

www.luzparaladepresion.com

BRAZIL

MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

How to ask for HELP during challenging moments?

gepps

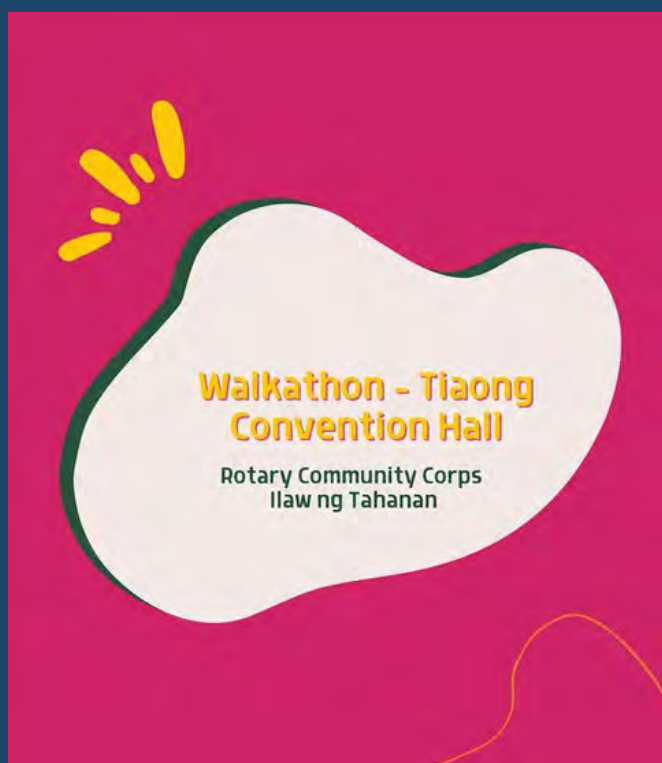
UNITED KINGDOM



NEPAL



PHILIPPINES



PACIFIC/OCEANIA



INDIA

We are thankful to our partners in India for their efforts towards World Mental Health Day. Here are some of the collaborative events with WFMH that were featured under the WFMH Global Campaign 2023:



ZEE MEDIA

GLOBAL MINDCARE CONCLAVE

Connect and Care



WWW.DJICMH2023.COM

WORLD PSYCHIATRIC ASSOCIATION

WFMH

World Association of Social Psychiatry

Diamond Jubilee

International Conference on Mental Health

14 - 16 September 2023 | PGIMER, Chandigarh

Public Mental Health: Mental Health of the people, by the people, for the people

Organised by: Department of Psychiatry, PGIMER, Chandigarh, India

ONLINE REGISTRATION IS NOW OPEN

EARLY BIRD ENDS ON 30TH JUNE 2023

REGISTER NOW

ONLINE ABSTRACT SUBMISSION IS NOW LIVE

SUBMISSION ENDS ON 30TH JUNE 2023

Conference Manager **ME9**

DJICMH 2023 Conference Secretariat
Department of Psychiatry,
Nehru Hospital, PGIMER Chandigarh-160012
+91-98119-11800 | info@djicmh2023.com | www.djicmh2023.com



Convocare

In Collaboration With YMH and WFMH
Presents

BIGGEST CAMPUS EVENT FOR GLOBAL CAMPAIGN 2023

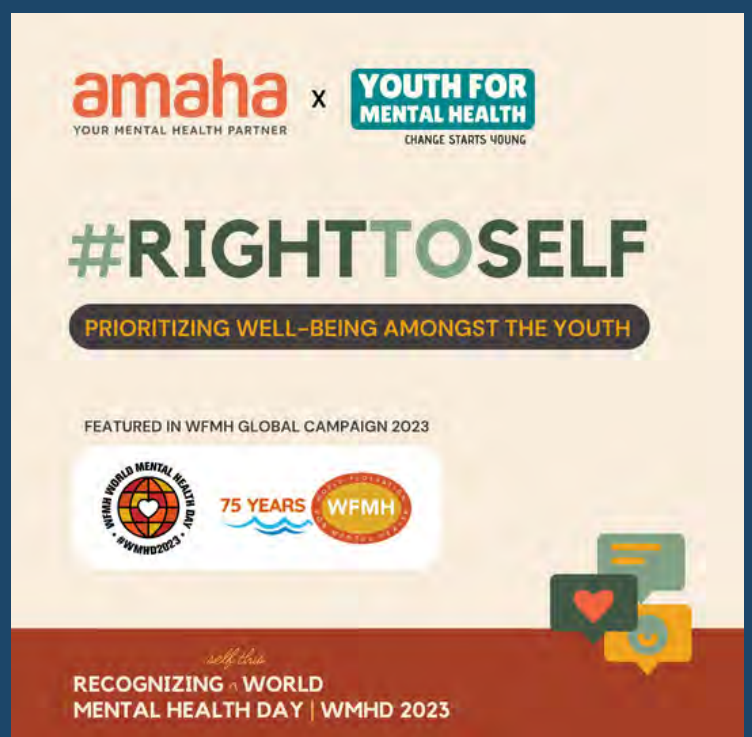
MERAKI '23

Date: Friday, 13th October
Time: 9:00 am Onwards
Venue: Vivekananda College, Vivek Vihar

Officiating Principal
Dr. Hina Nandrajog

Teacher Convenor
Dr. Arpana Beniwal

For query contact:
Vartika (9354198174) Aditi (9599671942)



amaha x **YOUTH FOR MENTAL HEALTH**

YOUR MENTAL HEALTH PARTNER CHANGE STARTS YOUNG

#RIGHTTOSELF

PRIORITIZING WELL-BEING AMONGST THE YOUTH

FEATURED IN WFMH GLOBAL CAMPAIGN 2023

WORLD MENTAL HEALTH DAY 75 YEARS **WFMH**

RECOGNIZING A WORLD MENTAL HEALTH DAY | WMHD 2023



MINDFIT CAMPAIGN

Building Healthy Mind:
A Right for all

In Association **WORLD MENTAL HEALTH DAY** 75 YEARS **WFMH**

RECOGNIZING A WORLD MENTAL HEALTH DAY | WMHD 2023



X

**YOUTH FOR
MENTAL HEALTH**

CHANGE STARTS YOUNG

MENTAL HEALTH CAMPUS DRIVE

IN 8 CAMPUSES OF INDIA WITH 500 STUDENTS

The World Federation for Mental Health (WFMH) and our Official Partner, Youth for Mental Health (YMH) collaborated with the mentioned societies and departments at the campuses in India, to feature and support the events organized by them on the occasion of World Mental Health Day 2023.



**DEPARTMENT OF PSYCHOLOGY
KESHAV MAHAVIDYALYA**



**DEPARTMENT OF PSYCHOLOGY
KAMLA NEHRU COLLEGE**



**DEPARTMENT OF PSYCHOLOGY
LAKSHMIBAI COLLEGE**



**DEPARTMENT OF PSYCHOLOGY & MENTAL
HEALTH CENTRE, DAULAT RAM COLLEGE**



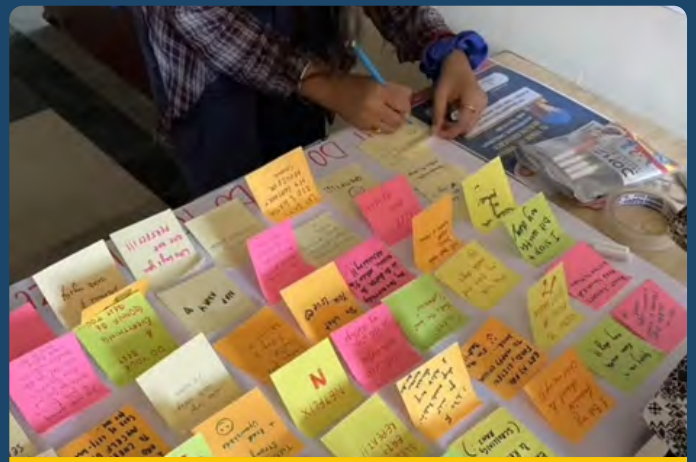
**CONVOCARE
VIVEKANANDA COLLEGE**



**EMPATHY
ADITI MAHAVIDYALYA**



**DEPARTMENT OF PSYCHOLOGY
BHIM RAO AMBEDKAR COLLEGE**



**EHSAAAS & PSYMENTIA, SHAHEED RAJGURU
COLLEGE OF APPLIED SCIENCES FOR WOMEN**

MERAKI 2023 X BIGGEST CAMPUS FEST

Convocare - The Mental Health Initiative of Vivekananda College organized their Biggest Campus Fest on Mental Health in collaboration with the World Federation for Mental Health. The fest was attended by 1000 Students from multiple campuses.



CAMPAIGN INITIATIVES

RIGHT TO EXPRESS



The Right to Express initiative aspired to provide a platform to unite diverse communities worldwide through lived experiences, solution-focused plans, action-oriented ideas, and impactful narratives. Human rights are interrelated and the Right to Express initiative hoped to bring forward a unified voice, highlighting how the experiences of people have been shaped by a lack of recognition of mental health as a universal human right, along with their perspectives about the same.

Art transcends the barriers of various identities, allowing people to foster a deeper connection and share their diverse experiences. Through our Express Through Art initiative, we hoped to use art to help our understanding of the significance of recognizing mental health as a universal human right. The activities, 'Doodling the Theme', 'Exploring the Theme', and 'Reflecting on the Theme' aimed to help people understand their feelings around the theme and essential aspects of mental health.

EXPRESS THROUGH ARTS



[CLICK HERE TO LEARN MORE ABOUT OUR INITIATIVES](#)

SECTION D

SPECIAL FEATURES

LONDON MARATHON FOUNDATION

We collaborated with the London Marathon Foundation to support this year's Vitality London 10,000 event, which took place two weeks before World Mental Health Day 2023.

The Vitality London 10,000 event brought people together, fostering connections and reducing feelings of loneliness and isolation, and was in sync with this year's theme for the World Mental Health Day- 'Mental Health is a Universal Human Right'.



WFMH AT GENEVA

On 17th November 2023, a special event was held in Geneva, commemorating WFMH's 75th Anniversary, titled '75 Years of Mental Health Advocacy: Achievements, Challenges and the Future'. The event gathered information that will be used to inform WFMH's mental health advocacy agenda, taking into account how it supports the UN SDGs and the WFMH 2023-2025 triennial collaborative plan as a non-state actor in Official Relation with WHO.

The event was hosted by the World Council of Churches at the Ecumenical Centre in Geneva, Switzerland. The event was held in hybrid mode with over 1000 participants from across the world. It had an enriching line-up of workshops on diverse themes by esteemed speakers.





WFMH partnered with Decca Records US for World Mental Health Day 2023. Decca Records US released a WMHD-themed playlist of calming music, featuring WMHD artist ambassadors Chad Lawson, Cody Fry, Kings Elliot, Balmorhea, Daigo Hanada, Lara Somogyi, Sophie Hutchings, Samuel Mariño, and more. We featured a composition, 'Stay' by Chad Lawson as the official music of the WFMH Global Campaign 2023.

CHAD LAWSON



"World Mental Health Day feels to me like that moment in a concert just before I lift my hands off the keys, and the room is filled with a collective breath. It's that split-second pause where everyone—musician and audience alike—is reminded that silence, too, is part of the music. That pause adds meaning to the music, just like today adds meaning to our focus on what really matters inside us."

25 YEARS WFMH DECCA RECORDS

KINGS ELLIOT



"Few things are more important to me than fighting the shame and stigma around mental health struggles. As someone who battled their demons alone for so much of their life, I think World Mental Health Day is so important because it underscores the need for empathy, understanding and support for those in need. No one should have to feel that they are fighting alone."

25 YEARS WFMH DECCA RECORDS

SOPHIE HUTCHINGS



"No man is an island. We are all part of a larger thing. We need to assure that mental health is valued, promoted, and protected just like any other health difficulty. It's important to normalize it and there's no better time like the present with the amount of anxiety and emotional challenges facing more and more people everyday."

25 YEARS WFMH DECCA RECORDS

SAMUEL MARIÑO



"It is hard to fight against something you can't see, just feel. I have often felt ashamed to share my struggles and have felt I had to hide them. At times it was taking over my life. I am my mind and my mind is me - we don't always get along but I have started to have a relationship with myself, and want to heal and to help others who feel like me to be less lonely. Mental health is essential for that."

25 YEARS WFMH DECCA RECORDS

LARA SOMOGYI



"Caring for my mental health is a crucial part of the creative and artistic process, and for me, music and mental health are deeply connected. Music helps me maintain a peaceful and calm atmosphere in my life, and in my creative way to sense and calm my body and mind. It's also great to feel when I'm feeling overwhelmed, so caring for my mental health is essential to creating and writing music. When I'm writing, I practice mindfulness and meditation through the connections between the physical vibrations of the keyboard and being the experience of creation, and the feeling fully present."

25 YEARS WFMH DECCA RECORDS

BALMORHEA



World Mental Health Day is an opportunity to look up, look around, think about those in your orbit. The world can be a fraught and dangerous place, especially the versions of it we build for ourselves in our minds. We all need help from time to time, making sure we are taking care of what's going on up there. For me, music is an essential tool in helping to connect with the human spirit, to care for my mental health. That said, there is no substitute for professional care if that is required. My experiences with professionally administered talk therapy and EMDR were invaluable for me when the world was too much for me to handle. Take care."

25 YEARS WFMH DECCA RECORDS

CODY FRY



"I'm proud to be an ambassador for World Mental Health Day 2023 ... Like so many, I've struggled with panic attacks and anxiety over the past few years. It has been such an eye-opening experience for me and if you're someone who is going through something similar, know that I'm right there with you."

25 YEARS WFMH DECCA RECORDS


CESARE PICCO



"The well-being of the mind as well as of the spirit are a top priority. Music and the power of vibration are fundamental for the growth of personal well-being. I am very happy to know that my sounds have been chosen for such an important occasion as the World mental health day. As a musician, I deeply believe that Sound is the Cure."

25 YEARS WFMH DECCA RECORDS

DAIGO HANADA



"Mental health in today's world is still often overlooked. And on many occasions, we tend to ignore it. When we say mental health, we think of depression, anxiety, and all those with a name. But mental health is also about asking yourself everyday how you are when you wake up and before you sleep. It's my honor to have this opportunity to raise awareness of mental health and its importance."

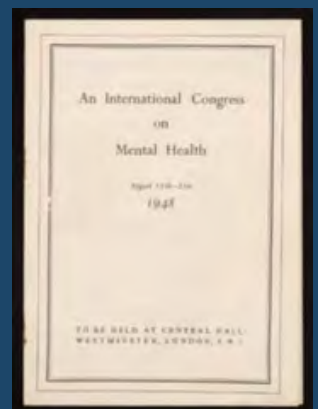
25 YEARS WFMH DECCA RECORDS

THE HISTORY OF WFMH

During the WFMH Global Campaign 2023, we greatly focused on the history of WFMH in order to recognize the 75th Anniversary of WFMH. Through the Official Website of WMHD and our Social Media Platforms, we highlighted the key historical figures, moments and events that played a vital role in the journey of WFMH. We also launched a photo album commemorating the same at the event held in Geneva.

From the chapters of our glorious history, the campaign highlighted:

- WFMH World Congress
- World Mental Health Day
- Eminent Personalities of WFMH
- Publications and Past Events
- Photos from the Archives



SECTION E

WFMH OFFICIALS, TEAMS AND VOLUNTEERS

- OFFICE OF THE SECRETARY-GENERAL
- WFMH GLOBAL CAMPAIGN SUPPORT TEAM
- GLOBAL VOLUNTEERS TEAM
- WFMH OFFICIALS

OFFICE OF THE SECRETARY-GENERAL



GABRIEL IVBIJARO

SECRETARY-GENERAL
WORLD FEDERATION FOR MENTAL HEALTH



MARIO MERLO

IT
ADVISOR



STEVE MAINGOT

UK
ADVISOR



MRINAL KANWAR

LEGAL
ADVISOR



HITESH SANWAL

YOUTH & COMMUNICATIONS
ADVISOR

WFMH SUPPORT TEAM



SNIGDHA KWATRA
COORDINATOR
WFMH SUPPORT TEAM 2023



MAANYA SINGH



KAVYA MOTH



MERU MADAN



PARIDHI SINGH



KHYATIKA SHAH



ASHVEEN KAUR



KUNWAR INAYAT



ZAINAB SHAIKH



SALONI BHUTRA



TARANG SINGHAL



SHREYA CHHABRA



MUSKAN DAHIYA



VARTIKA KASANA



BHARGAVI OJALE



SHREYA BIJARNIA



ARUSHI ARORA



ARUSHI MITTAL



FATIMA USMANI



SOUMYA SINGH



PRACHEE DASH

Our Support Team managed the operations of Social Media, Creative Designing, Content Development, Outreach, Human Resources, Collaborations and Strategizing for the WFMH Global Campaign 2023.

GLOBAL VOLUNTEER TEAM

1000 VOLUNTEERS FROM 30 COUNTRIES



Our Global Volunteer Team, which is a part of the Organizing Team of WFMH Global Campaign 2023, consisted of 1000 Volunteers across 30 Countries. They are our youth ambassadors and changemakers. Our volunteers promoted, organized and participated in virtual and in-person events organized across the globe for World Mental Health Day 2023, amplifying the campaign's digital and on-ground outreach.

[MEET OUR GLOBAL VOLUNTEERS TEAM](#)

WFMH OFFICIALS

We are thankful to the Officials of the World Federation for Mental Health for their support towards the World Mental Health Day and its activities.

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Gabriel Ivbijaro

2021-2023 WFMH REPRESENTATIVES TO THE UNITED NATIONS AND WORLD HEALTH ORGANISATION

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<p>United Nations Department of Public Information (DPI) New York, USA</p>	<p>Allan Tasman WFMH Regional VP North America/Caribbean</p> <p>Tsuyoshi Akiyama WFMH President – Elect</p> <p>Kathryn Goetzke WFMH Life Member</p>
<p>United Nations Office at Geneva (UNOG) Geneva, Switzerland</p>	<p>Nasser Loza WFMH President</p> <p>Gabriel Ivbijaro WFMH Secretary General/CEO</p> <p>Tsuyoshi Akiyama WFMH President – Elect</p> <p>Jukka Karkkainen WFMH Regional VP Europe</p>
<p>United Nations Office at Vienna (UNOV) Vienna, Austria</p>	<p>Nasser Loza WFMH President</p> <p>Gabriel Ivbijaro WFMH Secretary General/CEO</p> <p>Jukka Karkkainen WFMH Regional VP Europe</p> <p>Sabine Bahrer-Kohler WFMH Director at Large</p> <p>Viktor Vus WFMH Director at Large</p>
WORLD HEALTH ORGANISATION	
<p>World Health Organisation (WHO) Geneva, Switzerland</p>	<p>Nasser Loza WFMH President</p> <p>Gabriel Ivbijaro WFMH Secretary General/CEO</p> <p>Jukka Karkkainen WFMH Regional VP Europe</p>

	<p>Stylianidis Stelios WFMH Member</p> <p>Manuela Silva WFMH Member</p> <p>Roberto Mezzina WFMH VP Programme Development</p>
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WHO Regional Office Americas	<p>Fernando Lolas Stepke WFMH Regional VP Latin America</p> <p>Allan Tasman WFMH Regional VP North America/Caribbean</p> <p>Juan Carlos Fantin WFMH Director at Large</p> <p>Silvia Raggi WFMH Corporate Secretary</p>
WHO Regional Office Eastern Mediterranean	<p>Brigitte Khoury WFMH Regional VP Eastern Mediterranean</p> <p>Mehnaz Zafar WFMH Director at Large</p> <p>Unaiza Niaz WFMH Director at Large</p>
WHO Regional Office Europe	<p>Jukka Karkkainen WFMH Regional VP Europe</p> <p>Spyridon Zormpas WFMH Director at Large</p> <p>Sabine Bahrer-Kohler WFMH Director at Large</p>
WHO Regional Office South-East Asia	<p>Roy Kallivayalil WFMH Regional VP Asia Pacific</p> <p>Indira Sharma WFMH Director at Large</p> <p>Shu-Jen Lu WFMH Director at Large</p> <p>Sunil Mittal WFMH VP Constituency Development</p>
WHO Regional Office Western Pacific	<p>Julie Millard WFMH Regional VP Oceania</p> <p>Tsuyoshi Akiyama WFMH President – Elect</p> <p>Andrew Mohanraj WFMH Treasurer</p>

[CLICK HERE TO LEARN MORE ABOUT THE WFMH OFFICIALS](#)

All WFMH Past Presidents since 1948:

- John Rawlings Rees (1948) - London, England
- Dr. Andre Repond (1949-1950) - Switzerland
- Prof. W. Line (1950-1951) - Toronto, Canada
- Prof. Alfonso Millan (1951-1952) - Mexico, DF
- Dr. M.K. el Kholy (1952-1953) - Cairo, Egypt
- Prof. H.C. Rumke (1953-1954) - Utrecht, Netherlands
- Dr. Frank Fremont-Smith (1954-1955) - New York, USA
- Prof. Nilo Maki (1955-1956) - Helsinki, Finland
- Dr. Eduardo Enrique Krapf (1956-1957) - Buenos Aires, Argentina
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- Dr. Brock Chisholm (1957-1958) - Victoria, Canada
- Prof. Hans Hoff (1959-1960) - Vienna, Austria
- Prof. Paul Sivadon (1960-1961) - Paris, France
- Prof. A.C. Pacheco de Silva (1961-1962) - Sao Paolo, Brazil
- Dr. George S Stevenson (1961-1962) - New York, USA
- Dr. Phon Sangsingkeo (1962-1963) - Bangkok, Thailand
- Prof. G.P. Alivisatos (1963-1964) - Athens, Greece
- Dr. Alan Stoller (1964-1965) - Victoria, Australia
- Sir Samuel Manuwa (1965-1966) - Lagos, Nigeria
- Dr. Otto Klineberg (1966-1967) - Canada
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- Prof. Michael Beaubrun (1972-1974) - Kingston, Jamaica
- Prof. Tsung-yi Lin (1975-1979) - Vancouver, Canada
- Mr. Gowan Guest (1979-1981) - Esq, Vancouver, Canada
- Prof. Eugene Brody (1981-1983) - Baltimore, USA
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- Mrs. Edith Morgan (1985-1987) - London, England
- Dr. Gamal M. Abou El Azayem (1987-1989) - Cairo, Egypt
- Dr. Stanislas Flache (1989-1991) - Geneva, Switzerland
- Dr. Max W. Abbott (1991-1993) - Auckland, New Zealand
- Dr. Federico Puente-Silva (1993-1995) - Mexico DF, Mexico
- Mrs. Beverly B. Long, Georgia (1995-1997) - USA
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- Dr. Ahmed Abou El Azayem (1999-2001) - Cairo, Egypt
- Mrs. Pirkko Lahti (2001-2003) - Helsinki, Finland
- Dr. Patt Franciosi (2003-2005) - Wisconsin, USA
- Mrs. Shona Sturgeon (2005-2007) - Cape Town, South Africa
- Prof. John R.M. Copeland (2007-2009) - London, England
- Mr. Anthony Fowke (2009-2011) - Perth, Australia
- Mrs. Deborah Wan (2011-2013) - Hong Kong, SAR
- Prof. George Christodoulou (2013-2015) - Greece
- Dr. Gabriel Ivbijaro (2015-2017) - United Kingdom
- Dr. Alberto Trimboli (2017-2019) - Argentina
- Ingrid Daniels (2019 to 2021) - South Africa

SECTION E

WORLD MENTAL HEALTH DAY 2024



Next year, we will mark 76 years of WFMH, and we hope to celebrate it by challenging the stigma, engaging in discussions, and collaborating with stakeholders across the globe for a mentally healthier world. We aim to celebrate World Mental Health Day 2024 with more candour, awareness, and advocacy for mental health.

Join us for the WFMH Global Campaign 2024 and look out for announcements!

SECTION F

JOIN OUR EFFORTS

Click on the
following tabs to:

DONATE TO SUPPORT US

SUBSCRIBE TO BULLETIN

Write to us at
wmhdofficial@wfmh.global to:

BECOME A VOLUNTEER

PARTNER WITH US



SECTION G NOTE OF THANKS

I would like to extend a special thank you to all WFMH members all over the world, both past and present, our army of volunteers who continue to deliver and support our work and vision.

Thank you to our WFMH Regional Vice Presidents for the lead they have taken to shine a light on mental health and well-being in their regions: Johannes John-Langba (Africa), Roy Kallivayalil (Asia-Pacific), Brigitte Khoury (Eastern Mediterranean), Jukka Karkkainen (Europe), Fernando Lolás Stepke (Latin America), Allan Tasman (North America/Caribbean) & Julie Millard (Oceania). Members of the WFMH Executive Committee and Directors at Large have actively supported the event including Nasser Loza President, Tsuyoshi Akiyama President Elect, Ingrid Daniels Immediate Past President, Silvia Raggi Corporate Secretary, Andrew Mohanraj Treasurer, Sunil Mittal VP Constituency Development, Roberto Mezzina VP Programme Development and our Directors at large include Spyridon Zormpas, shu-jen Lu, Sabine Bahrer-Kohler, Indira Sharma, Mehnaz Zafar, Juan Carlos Fantin, Viktor Vus and Unaiza Niaz. Many thanks to the Colleges and Institutions that have been supporting us including the World Organization of Family Doctors (Wonca), World Psychiatric Association (WPA), Royal College of General Practitioners (RCGP), World Association of Social Psychiatry (WASP), Royal College of Psychiatrists (RCPsych) & American Psychiatric Association (APA).

To the WFMH Youth Wing - Bravo! To the patients, staff and colleagues at Wood Street Health Centre, Walthamstow London - thank you!

Citizens matter! We can all make a contribution to improving mental health and well-being, and ensuring that people with lived mental health experience, their families and carers are empowered to be part of a society where mental health stigma is a thing of the past.

A special thank you to our donors who have continued to support us through thick and thin. Once more, we are very grateful to the United Nations Secretary-General His Excellency António Guterres, the World Health Organization Director-General His Excellency Dr Tedros Adhanom Ghebreyesus, and our World Mental Health Day 2023 Patron, HRH Princess Iman Afzan Al-Sultan Abdullah.

GABRIEL IVBIJARO MBE
SECRETARY-GENERAL
WORLD FEDERATION FOR MENTAL HEALTH



**WORLD FEDERATION
FOR MENTAL HEALTH**



WFMH BIGGEST GLOBAL CAMPAIGN 2023

**MENTAL HEALTH IS A
UNIVERSAL HUMAN RIGHT**



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