

BECOME AN AMBASSAD OR

#WorldMentalHealthD

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Join us!



@WMHDay



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WORLD
MENTAL
HEALTH
DAY



WORLD MENTAL HEALTH DAY



What?

World Mental Health Day (WMHD) provides a platform with a unifying voice to give hope, connect people and to empower communities to take action and create lasting change

Why?

One in four people globally, will be affected by mental illness at some point in their lives. If not you personally, you probably know someone close to you who is facing the struggles of living with a mental disease. We need to make a change and World Mental Health Day aims to ignite this change!

Where?

World Mental Health Day is celebrated all around the world! Follow us on social media to know more about events happening near you!

When?

World Mental Health Day is celebrated on 10 October

Who?

For everyone! Mental health is a societal issue that concerns all of us. If you are passionate about improving mental health join the movement today and help us reach out to politicians, the media, employers and the community in your country.

How?

Wear your green ribbon to show support. Join the debate and share your story on World Mental Health Day (WMHD) social media channels! Reach out to your local advocacy groups, politicians, opinion leaders, online influencers to work together on your WMHD awareness campaign and event.

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