

World Mental Health Day

October 10



World Mental Health Day is observed every October 10 in an effort to raise awareness of mental health issues around the world and to mobilize support for those in need. The day also serves as an important reminder to not take our own mental health for granted.

What is mental health?

- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.

Mental health can also be considered “emotional health” or “overall well-being” because it’s every bit as important as good physical health.

We all have times when we feel sad, stressed or anxious. Most of the time those feelings pass without issue, but sometimes they develop into a more serious problem. When that happens, it’s important to get help.

If you or a loved one is experiencing mental health issues, contact your Employee Assistance Programme. We offer free, confidential counselling and other resources to get you back to feeling your best.

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