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10th October
WORLD MENTAL HEALTH DAY

MENTAL HEALTH CARE FOR ALL: LET'S MAKE IT A REALITY

On the 10th October, the World Federation for Mental Health launches a campaign for World Mental Health Day. The theme for 2021 is Mental Health in an Unequal World.

They will be shining a light on the inequality that exists in the mental health system and the inequalities in our society.

This is an important topic as not everyone has the same access to mental health education, support and treatment. There's work still to do to make resources and services available for all.

Whether you use social media, speak with friends or family, do one thing today and start a conversation about mental health inequality.

Mental health is an unequal world

- LGBT+ people are at more risk of suicidal behaviour and self-harm

- Black people are four times more likely than their white counterparts to be sectioned

- People living with severe mental illness still have a shorter life expectancy than others

- The government have just cut the crucial £20 uplift in Universal Credit, plunging thousands into debt

"I'm overflowing with time, peace, energy, focus and good health"