

ACTIVE MINDS AT UNIVERSITY OF MANITOBA
PRESENTS

OCTOBER NEWSLETTER



WORLD MENTAL HEALTH MONTH

The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

WORLD MENTAL HEALTH DAY

World Mental Health Day was observed for the first time on 10th October 1992. It was started as an annual activity of the World Federation for Mental Health by the then Deputy Secretary General Richard Hunter. The day is officially commemorated every year on October 10th.

WORLD
MENTAL
HEALTH
DAY



WORLD MENTAL HEALTH DAY

10TH OCT

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.



OTHER DAYS TO PIN

October is Dyslexia Awareness Month, Emotional Intelligence Awareness Month, Breast Cancer Awareness Month, National ADHD Awareness Month, National Domestic Violence Awareness Month, Down Syndrome Awareness Month & National Cyber Security Awareness Month.

October 01, 2023: **International Music Day**

October 02, 2023: **World Day of Bullying Prevention & World Day of Non-Violence**

October 05, 2023: **National Do Something Nice Day**

October 06, 2023: **World Smile Day**

October 07, 2023: **National Forgiveness and Happiness Day**

October 09, 2023: **Thanksgiving**

October 11, 2023: **National Coming Out Day**

October 18, 2023: **World Menopause Day**

October 31, 2023: **Halloween**



SOME MORE DAYS TO PIN

October 01 to 07, 2023: **Anniversary of the Mental Health Parity and Addiction Equity Act Mental Awareness Week.**

October 03, 2023: **National Day of Prayer for Mental Illness**

October 05, 2023: **National Depression Screening Day**

October 08 to 14, 2023: **OCD Awareness Week**

October 10, 2023: **World Mental Health Day**



ACTIVE MINDS EVENTS



- **Commerce cares**
Coffee house
IQs Cafe Billiards cafe



- **Mental health**
Trivia & Dinner
Night
100 Fletcher Argue
6:00pm to 8:00pm



**SCAN
ME**



**MENTAL
HEALTH
RESOURCE**



DISCORD



TELEGRAM



**GENERAL
MEMBERSHIP
FORM**



INSTAGRAM