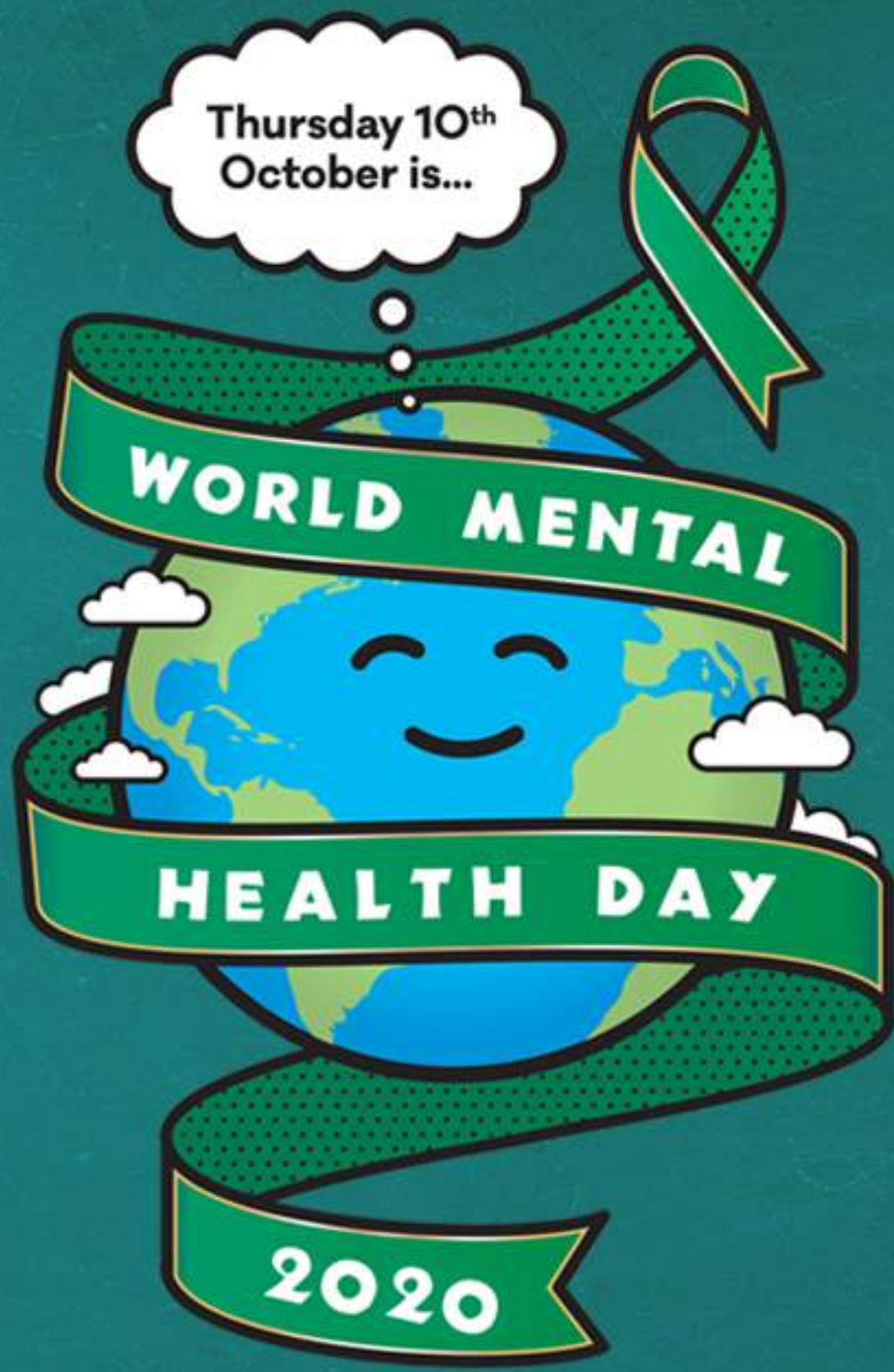# World
Mental Health Day

The World Health Organisation recognises
World Mental Health Day on 10 October every year. This year's theme
set by the World Federation for Mental Health is suicide prevention.

Thursday 10th October is...

WORLD MENTAL HEALTH DAY

2020

What is mental health?

If you're in good mental health, you can:

make the most of your potentialcope with life
play a full part in your family, workplace, community and among friends.
Some people call mental health 'emotional health' or 'well-being' and it's j
ust as important as good physical health.

Mental health is everyone's business. We all hav
e times when we feel down or stressed or frightened. Most of the
time those feelings pass. But sometimes they develop into a more serious problem
and that could happen to any one of us.

Everyone is different. You may bounce back from a setback while someone
else may feel weighed down by it for a long time.
Your mental health doesn't always s
tay the same. It can change as circumstances change
and as you move through different
stages of your life.

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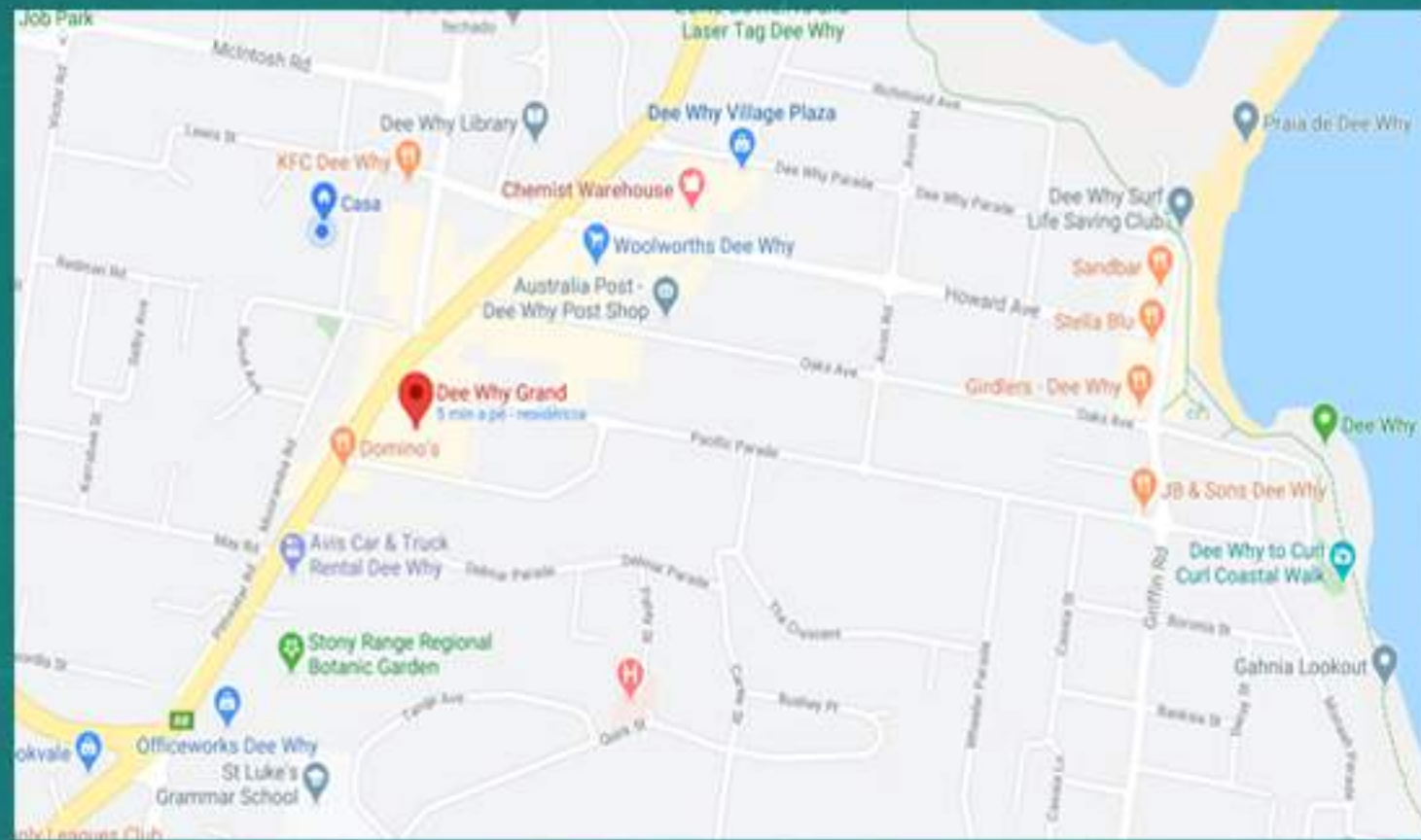
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Posters

Check it out some posters related to mental health, feel free to print them if you want!

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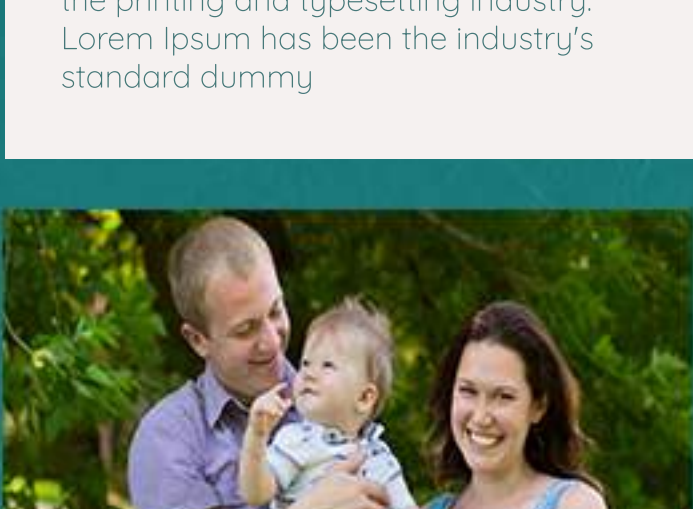
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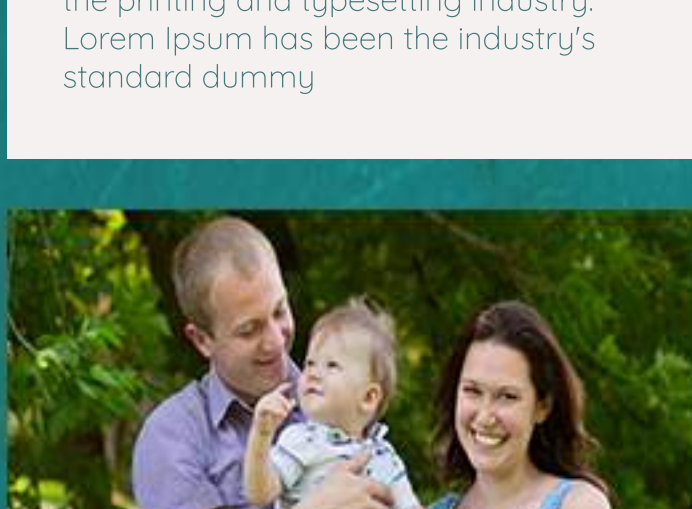

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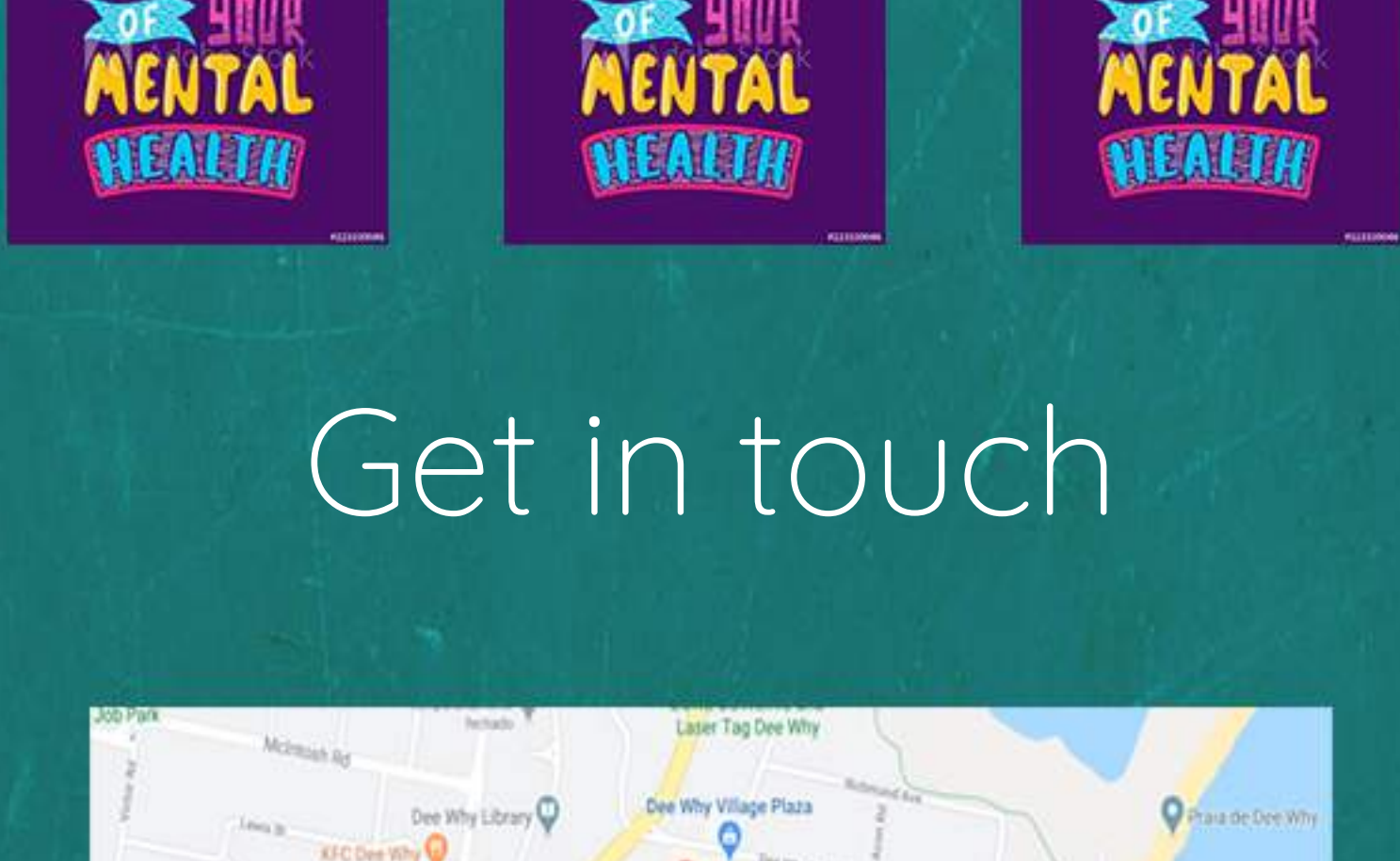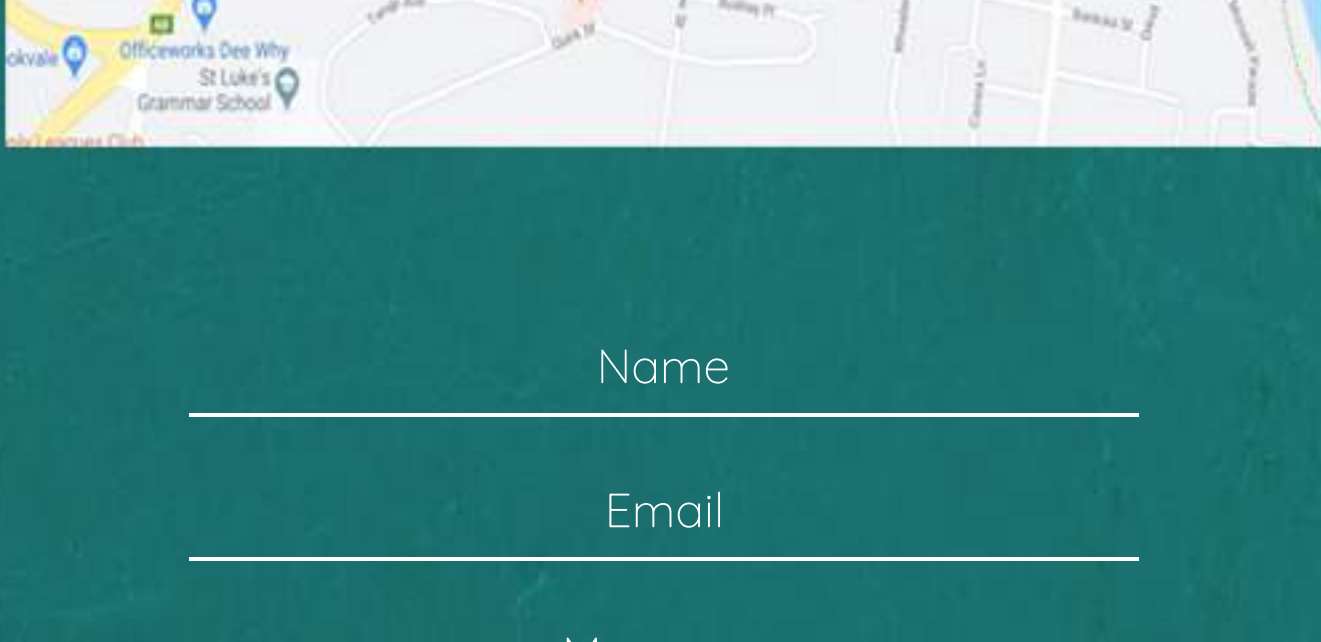
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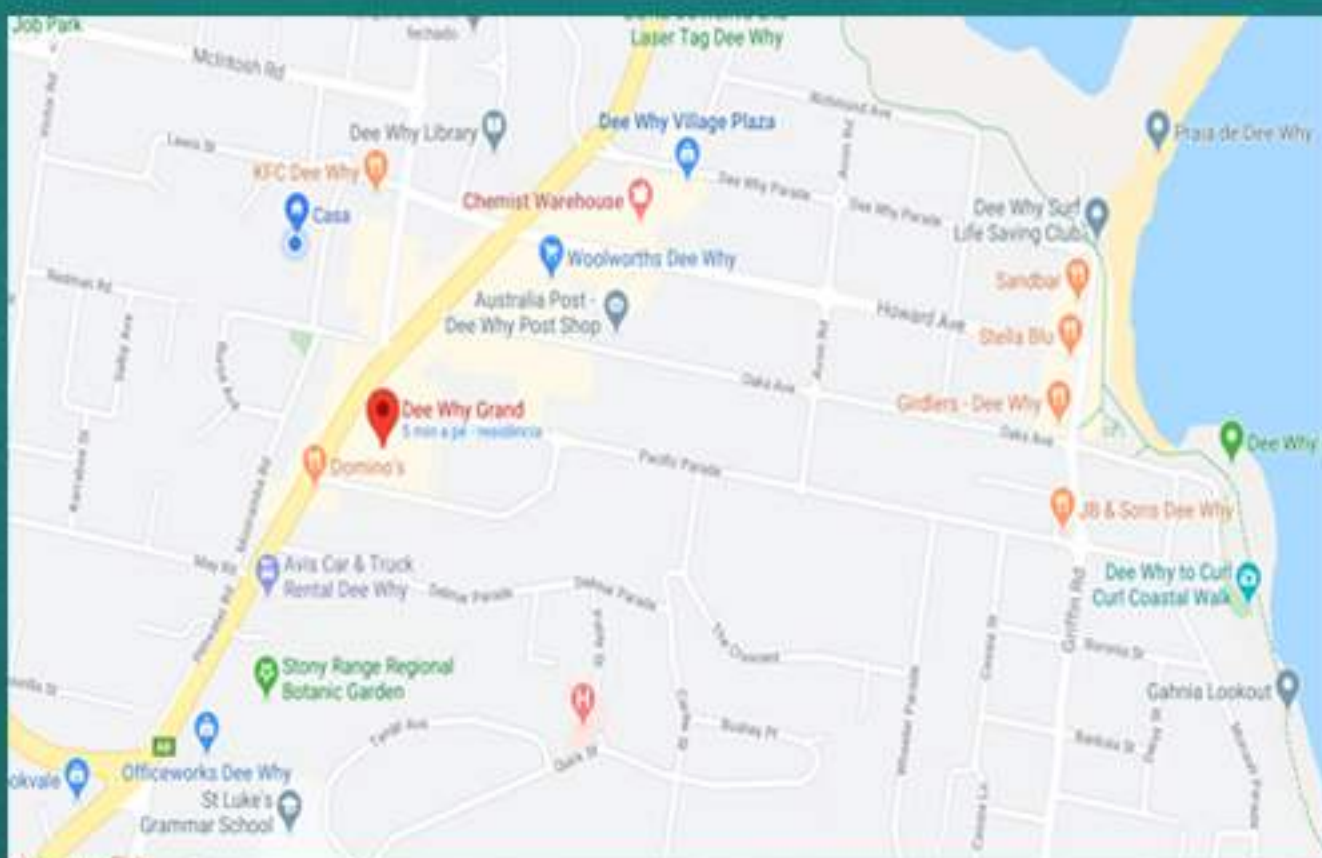
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TAKE CARE OF YOUR MENTAL HEALTH

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