

"Sri Lankan Government Launches Mental Health Awareness Week"

October 15, 2020



Colombo, Sri Lanka - Sri Lanka celebrated its first Mental Health Awareness Week with a series of events aimed at promoting mental well-being across the nation. Organized by the Ministry of Health, this groundbreaking initiative featured seminars, workshops, and public awareness campaigns to address the stigma associated with mental health issues. Experts from various fields came together to emphasize the importance of seeking help and support when facing emotional challenges. The success of this event inspired ongoing efforts to prioritize mental health in Sri Lanka.