

WORLD MENTAL HEALTH DAY – OCTOBER 10



In 1992, the World Federation for Mental Health (WFMH) initiated World Mental Health Day to raise global awareness and support for mental health. This year, WFMH's theme is "Mental Health is a Universal Human Right," aiming to mobilize individuals, communities, institutions, and stakeholders worldwide to empower grassroots advocacy for mental health and human rights.

Engage in World Mental Health Day by listening to others' experiences and sharing your own. If you know of helpful resources, share these. Spread the message that mental health is just as important as physical health and there are ways to nurture it.



Ontario's public health units are committed to prevention and offer numerous mental health resources on their websites. alpha has links to some of these and other resources on its Workplace Health and Wellness Resources page.



There are also multiple resources available to help you access information about mental health. Just to name a few:

Canadian Mental Health Association
World Mental Health Day
Government of Canada



Government of Canada



Remember, your mental health matters! We often go about our daily lives on autopilot, but checking in on our mental health should be part of our routine. Take a few minutes of your day for a self-check. Reflect on your thoughts, feelings, and overall mood.

Exercise and stay active! There's nothing better than a good dose of endorphins.

Maintain a balanced diet with plenty of fruits, vegetables, and whole grains.



Practice mindfulness or meditation to calm your mind and reduce anxiety.

Take regular breaks from your work obligations, social media, and other passive use of screens. Take time out for yourself. Play a game!

Engage with your local community through volunteer work or sports.

Reconnect with nature; spending time outdoors offers invaluable benefits in our lives.



Have a chat with a friend or family member. Friends and family are essential for support and conversation.

Revisit your painting and musical instruments. Hobbies are an excellent way to relax.