World Mental Health Day celebrates **awareness** for the global community in an **empathetic** way, with a **unifying** voice, helping those affected to feel **hopeful** by **empowering** them to take action and to create lasting change.

**WORLD MENTAL HEALTH DAY IS ACKNOWLEDGED ACROSS THE WORLD**

This World Mental Health Day is an opportunity for us in the UN System to have conversations about mental health.

The UN Global Health and Wellbeing survey, completed or partially completed by 17364 staff, found that 49% of those who responded reported significant symptoms of mental health concern, but only 6% in total are receiving professional support, and only 2% of those are receiving that support from internal programs.

We need to talk about mental health and take action so that fewer of us experience poor mental health, and those that do feel able to seek the support they need.

The theme globally for this year’s World Mental Health Day is suicide prevention. The UN, for World Mental Health Day and Suicide Prevention, is going to focus on “Conversations Matter”. Please click on the link to find out more.

**WORLD MENTAL HEALTH DAY SITE:**

HTTPS://WFMH.GLOBAL/WORLD-MENTAL-HEALTH-DAY-2019
HTTPS://WWW.WHO.INT/MENTAL_HEALTH/WORLD-MENTAL-HEALTH-DAY/EN/

**WHAT CAN YOU DO IN YOUR ORGANIZATION?**

- Hold a World Mental Health Day Event - with the theme ‘Conversations Matter’
- Show videos of personnel talking about their mental health
- Distribute ‘Mental Health Matters’ posters
- Attend UN System-side Webinars

**Webinars (available for all UN staff, irrespective of organization or duty station)**

**Topics:**

- What is the UN doing about Mental Health for its personnel?
- How can I look after my mental health or support someone I am concerned about?
- What is my role as a leader/manager?
- Mindfulness meditation

**WORKPLACE MENTAL HEALTH AND WELL-BEING STRATEGY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>BANGKOK</th>
<th>GENEVA</th>
<th>NAIROBI</th>
<th>NEW YORK</th>
<th>TOPIC</th>
<th>ZOOM LINK</th>
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<td>Thu 3pm</td>
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<td>Thu 10:00 am</td>
<td>Thu 11:00 am</td>
<td>Thu 4:00 am</td>
<td>Managers and Leaders</td>
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<td>Managers and Leaders</td>
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Or access pre-recorded webinars at:

Mindfulness meditation