



**MENTAL
HEALTH
MATTERS:**
A HEALTHY
WORKFORCE
FOR A BETTER
WORLD

#WORLDMENTALHEALTHDAY

Upcoming Events

October 2025

This calendar outlines World Mental Health Day 2025 events under the theme “Access to Mental Health Services in Catastrophes and Emergencies,” offering UN staff opportunities throughout October to learn, engage, and promote awareness, resilience, and inclusive support in workplace and crisis settings. Please download the Calendar to access the Webinar Registration Links.

**9th to
10th**

Psychosocial Risks and Mental Health at Work in the Future of Work: Promoting evidence-based policy making (Hybrid)

This two-day event in Geneva brings together policy makers and stakeholders to share lessons and best practices on psychosocial risk management and mental health at work to support evidence-based policy and healthier workplaces.

15th

Access to Mental Health Services in Catastrophes and Emergencies

This webinar brings together UN experts to share best practices, raise awareness of mental health resources during emergencies, and foster dialogue on resilience, coordination, and support for staff and their dependents.

16th

Nurturing Neurodiversity in the Workplace

The event will bring together experts and colleagues with lived experience to discuss challenges, share resources, and highlight strategies for fostering inclusive and supportive UN workplaces, with a focus on reducing stigma and promoting psychological safety.

21st

Echoes of Silence: Strengthening Family-Centered Mental Health Support in Humanitarian Emergencies

This session explores how loneliness worsens psychological distress in crises and highlights family-centered approaches, field lessons, and scalable interventions to strengthen relational resilience and embed family support into emergency mental health services.

23rd

Échos du silence : renforcer le soutien en santé mentale centré sur la famille dans les situations d'urgence humanitaire

Cette session explore comment la solitude accentue la détresse psychologique en crise et met en avant des approches familiales, des enseignements et des interventions évolutives pour renforcer la résilience relationnelle et intégrer le soutien familial aux services de santé mentale d'urgence.

31st

Mental Health Stigma: Off – We Switch on Support!

This campaign encourages UN staff to deepen their understanding of mental health stigma in the workplace and take action through the Ask, Listen, Act! initiative to foster inclusion, equal access to support, and lasting cultural change. Colleagues are invited to respond to a set of reflective questions, with responses due by 31 October.