

UNITED NATIONS



NATIONS UNIES

THE SECRETARY-GENERAL

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MESSAGE FOR WORLD MENTAL HEALTH DAY
AT THE UNITED NATIONS

“Mental health at work”

New York, 10 October 2024

Safe and healthy working environments are essential to mental wellbeing.

At the United Nations, our personnel work tirelessly on the world’s most pressing challenges. Many colleagues operate under high pressure – including in high-risk environments, often far from their family and country of origin.

This can take a toll on our mental health. We must remember that mental health is not only a personal struggle but also a shared responsibility.

I encourage you to reach out to colleagues and seek help whenever needed. We must break the stigma, foster an open and supportive environment and use every resource available.

The *UN System Mental Health and Well-being Strategy for 2024 and beyond* offers effective tools to prevent mental health risks; protect and promote mental health at work; and support workers with mental health conditions.

As we care for ourselves and our colleagues, we enhance our ability to care for the world and deliver on our vital work.

On World Mental Health Day and every day, let us reaffirm our commitment to mental health and build a more inclusive, resilient and compassionate workplace for all.