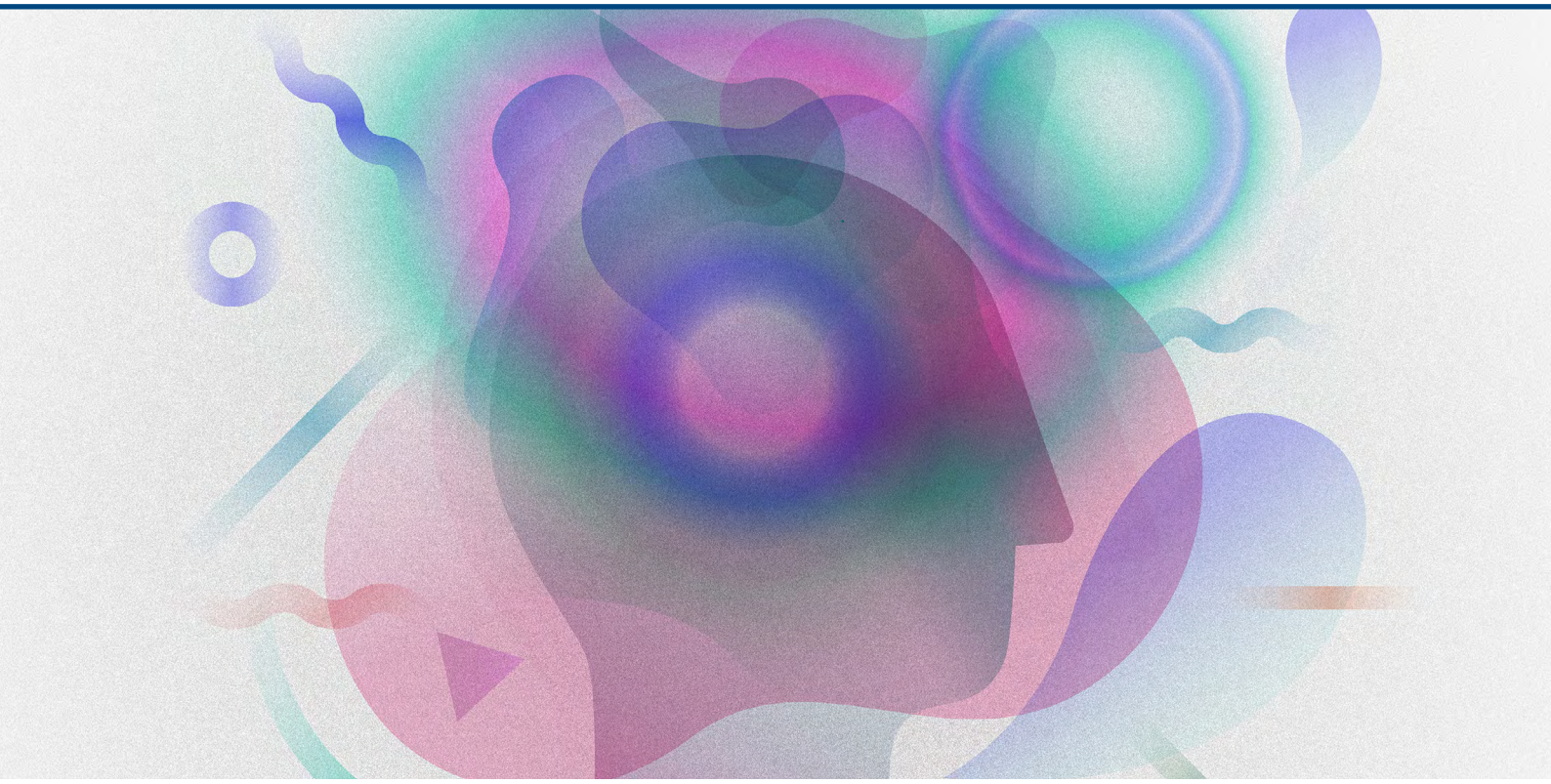

10 October: World Mental Health Day

World Mental Health Day is observed every 10 October in an effort to raise awareness of mental health issues around the world and to mobilise support for those in need. This year, amid the ongoing pandemic, the day also serves as an important reminder to not take our own mental health for granted.

But what is mental health?

- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.

Mental health can also be considered "emotional health" or "overall well-being" because it's every bit as important as good physical health.

We all have times when we feel sad, stressed or anxious. Most of the time those feelings pass without issue, but sometimes they develop into a more serious problem. When that happens, it's important to get help.

If you or a loved one is experiencing mental health issues, contact your Employee Assistance Programme. We offer free, confidential counselling and other resources to get you back to feeling your best.

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