

**October Mental Health and Wellness Theme:**  
**World Mental Health Awareness Day - October 10, 2023**  
**“Our Minds, Our Rights”**

“Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence and inclusion in the community.” [World Health Organization](#)

**World Federation For Mental Health - Click [Here](#) for more information**  
**‘MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT’**



This year’s theme enables us to re-double our efforts to ensure that everybody should receive quality mental health care and that the human rights and well-being of people with mental illness are respected in all parts of the world so that every person with a mental health difficulty has:

1. The right to be protected from known harms to mental health; a universal right which applies to the entire population, but especially the vulnerable including children, minorities and the displaced peoples.
2. The right to access quality and affordable care when a person is struggling with their mental health.
3. The right to freedom and dignity, including the right of choice.

**Check out some quick tips from Mental Health Foundation:** Click [Here](#) for more information

## **Talking About Your Mental Health**

### **1. Choose someone you trust to talk to**

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

### **2. Think about the best place to talk**

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

### **3. Prepare yourself for their reaction**

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.

## **Talking to Someone About Their Mental Health**

### **1. Find a good space to talk without distractions**

If you're worried about someone, try to find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might help to switch off your phone.

### **2. Listen and ask questions**

Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and also show that you're actively listening. But make sure the questions are relevant to what they're saying, and not changing the subject.

### **3. Ask how you can help**

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a GP appointment, help around the house, or just for you to keep things normal and chat about what's going on in your life.