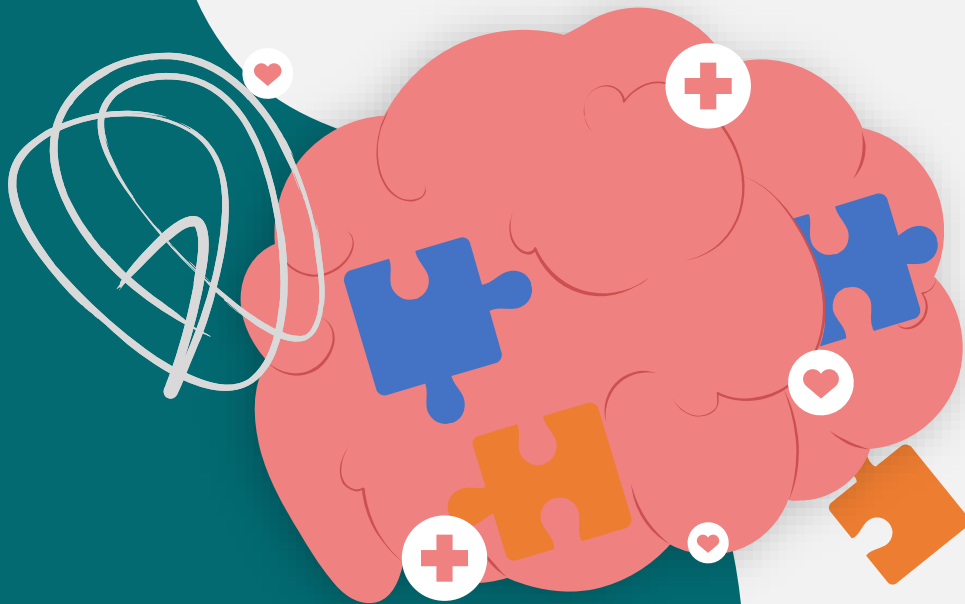




Tuesday 10 October 2023

World Mental Health Day



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🎵 About the Day 🌸

World Mental Health Day is observed on 10th October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.




WHAT DOES MENTAL HEALTH INCLUDE?

Emotional, Psychological Social Health

It is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events and how we acknowledge our own emotions as well as those of others.



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- Please watch the following video with an open mind.
 - [We all have mental health](#)

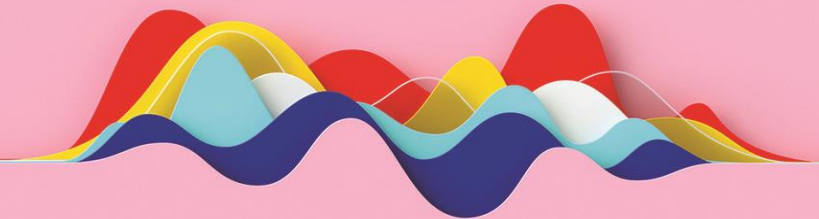
“What’s the bravest thing you’ve ever said?” asked the boy.



“Help,” said the horse

“
‘Positive vibes only’ isn’t a thing. Humans have a wide range of emotions and that’s OK.

MOLLY BAHR, LMHC



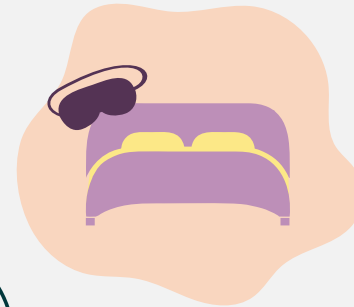
Maintain Positive Mental Health



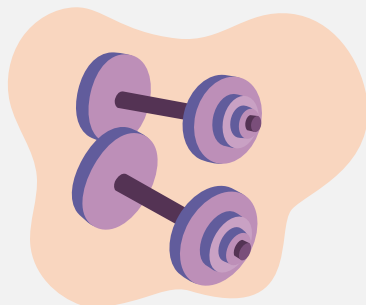
Get Outside



Eat Well



Always get enough sleep



Sports Exercise



Limit Phone Screen



Favorite music



Where can I get support for mental health concerns?

Information



1. Samaritans
2. SAMH
3. AgeMind
4. Young Minds
5. See Me Scotland

Want to talk?



1. Samaritans -116 123.
Open 24 hours a day, 365 days a year.
2. Breathing Space -0800 83 85 87
24 hours at weekends, 6pm to 2am weekdays.
3. Childline -0800 1111
Call for free, anytime.

Rather not talk on the phone?



1. Samaritans:
email jo@samaritans.org
2. Childline: 1-2-1 counsellor chat online
3. C.A.L.M: via webchat 5pm-midnight

Local help & advice

1. GP
2. NHS 24
3. Pharmacist
4. School Guidance teachers
5. College or University staff or counsellors
6. Trusted friends or family

