mind in Brighton and Hove
for better mental health

Wellbeing Information & Tips

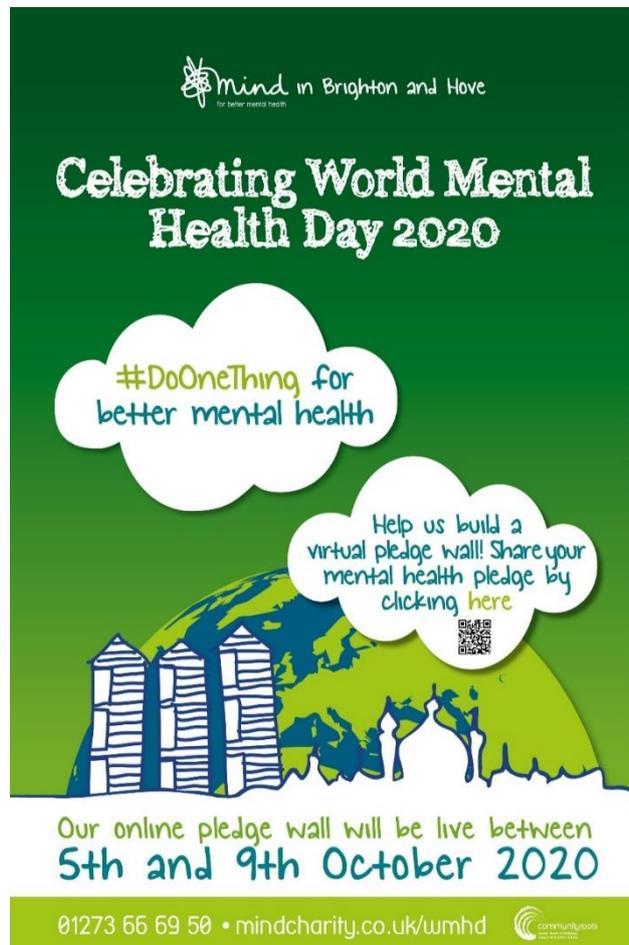Ed. 16. 5th October 2020

World Mental Health Day 2020

Every year, 10th October marks World Mental Health Day (WMHD), a day to raise awareness and celebrate the importance of looking after our mental health and wellbeing. The [World Federation for Mental Health](#) which co-ordinates WMHD globally has set the theme as "Mental Health For All" and is encouraging participants to use the day as a platform to raise the profile of mental health services. This year we have all faced uncertainties and challenges therefore recognising and raising awareness of mental health is especially important.

The coronavirus pandemic has seen communities coming together and supporting each other during an unprecedented time. We want to continue this community togetherness in raising the profile of mental health, and we need your help in building a virtual pledge wall!

In the lead up to World Mental Health Day, from 5th-9th October we are asking you to #DoOneThing for better mental health and share those things with us on [our pledge wall](#). Your pledge could simply be to talk more about mental health or to listen to others. Or it could be a simple activity that you incorporate into your everyday life, improving your own mental health and wellbeing. By sharing your pledge, you'll also be raising awareness and helping others to do the same.

Celebrating World Mental Health Day 2020

#DoOneThing for better mental health

Help us build a virtual pledge wall! Share your mental health pledge by clicking here

Our online pledge wall will be live between 5th and 9th October 2020

01273 66 69 50 • mindcharity.co.uk/wmhd

Other ways you can contribute to this year's World Mental Health Day theme 'Mental Health for All"...

- Find out more about **#DoOneThing** through national Mind, with lots of resources and information on World Mental Health Day [here.](#) How about trying a wellbeing calendar? National Mind have a calendar packed with actions and ideas you can take for better mental health. You can [download it here](#)

- Join in on **Hello Yellow Day** on October 9th. [Young Minds](#), a leading charity fighting for children and young people's mental health, is celebrating World Mental Health Day by encouraging you to wear yellow, join in with them by wearing yellow on October 9th [#HelloYellow](#)

- **Time to Change**, an organisation working to change the way we all think and act about mental health, is asking everyone to open up, talk and to listen. Time to Change has resources for employers, universities and the general public to help you change attitudes this World Mental Health Day. Find out more [here](#)

- If you are in need of some more inspiration for a pledge that you can make and add to [our pledge wall](#), check out the Action for Happiness' [10 Keys to Happier living.](#)

- And don't forget all of the [information & tip sheets](#) we have been producing since April for more ideas of ways in which you can **#DoOneThing** for better mental health.

And finally...

OCD is not an adjective! 11th – 17th October is Obsessive Compulsive Disorder (OCD) Awareness Week. It aims to raise understanding and awareness of what OCD is, and how it affects people, and is celebrated by organisations and individuals worldwide. To find out more visit the OCD Action website [here](#).

Community Roots celebrates its first birthday on World Mental Health Day, read more in this [news article](#). Happy birthday Community Roots!

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

Next edition: 22nd October