



World Mental Health Month

***Mental Health Matters.
Conversations matter.***

World Mental Health Month celebrates *awareness* for the global community in an *empathetic* way, with a *unifying* voice, helping those affected to feel *hopeful* by *empowering* them to take action and to create lasting change.

WORLD MENTAL HEALTH MONTH IS ACKNOWLEDGED ACROSS THE WORLD

Why World Mental Health Month?

The World Mental Health Month aims to address mental health issues in an empathetic way, with a unifying voice, helping everyone to feel hopeful by empowering everyone to take action and to create lasting change. This year's World Mental Health Day theme is "Mental Health for all. Greater Investment – Greater Access. Everyone, everywhere."

World Mental Health Month is an opportunity for us in the UN System to have conversations about mental health. The UN will therefore undertake activities throughout the month of October and each week will be dedicated to different topics.

For the latest links to events please go to www.un.org/en/healthy-workforce. This calendar will be updated as new events become available through the month.

Weekly Themes

Week 1 (5-9 Oct.): Improving Mental Health throughout the UN System

Our workplaces and workplace culture impacts our health and wellbeing

Week 2 (12-16 Oct.): Supporting and welcoming personnel with mental health conditions

We must reduce any stigma and discrimination that UN personnel may experience due to mental health

Week 3 (19-23 Oct.): Nurturing your own mental health and wellbeing *It is now even more important than ever to take steps to protect our mental health*

Week 4 (26-30 Oct.): Ensuring access for all

Some population groups are more at risk and less likely to get help

WHAT CAN YOU DO IN YOUR ORGANIZATION?

- Host discussions and sharing sessions about mental health with all interested colleagues
- Share your organization's wellbeing resources with colleagues
- Attend UN System-side events
- Follow @UN4MentalHealth on Twitter and Instagram



www.un.org/en/healthy-workforce
UN Workplace Mental Health & Well-Being Strategy

WORLD MENTAL HEALTH MONTH – WEBINAR PLAN

WEEK 1: October 5-10

TOPIC	DATE/TIME	LINK
What are other organizations doing to improve Mental Health and Wellbeing for their staff? A conversation with AXA Asia and Columbia University	6 October New York 9am Nairobi 4pm Geneva 3pm Bangkok 8pm	Click here
Improving Mental Health throughout the UN System a conversation with IAEA, WFP, IOM and UNFPA	8 October New York 9am Nairobi 4pm Geneva 3pm Bangkok 8pm	Click here
Support your mental health despite COVID-19 stressors hosted by NY staff Union	9 October New York 11am Nairobi pm Geneva pm Bangkok pm	Click here
AHRMIO Leadership Series	October 5-9	Click here
"The Big Event for Mental Health" (WHO)	10 October <i>Full day</i>	Click here

WEEK 2: October 11-17

TOPIC	DATE/TIME	LINK
Supporting and welcoming personnel with mental health conditions	15 October New York 9am Nairobi 4pm Geneva 3pm Bangkok 8pm	Click here



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WORLD MENTAL HEALTH MONTH – WEBINAR PLAN

WEEK 3: 18-24

TOPIC	DATE/TIME	LINK
Nurturing your own mental health and wellbeing <i>In Asia</i>	19 October New York 8am Nairobi 3pm Geneva 2pm Bangkok 7pm	Click here
Nurturing your own mental health and wellbeing <i>Spanish</i>	20 October New York 10am Nairobi 5pm Geneva 4pm Bangkok 9pm	Click here
Nurturing your own mental health and wellbeing in MENA region	21 October New York 8am Nairobi 3pm Geneva 2pm Bangkok 7pm	Click here
Nurturing your own mental health and wellbeing <i>English</i>	22 October New York 9am Nairobi 4pm Geneva 3pm Bangkok 8pm	Click here
Nurturing your own mental health and wellbeing <i>French</i>	23 October New York 9am Nairobi 4pm Geneva 3pm Bangkok 8pm	Click here



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WORLD MENTAL HEALTH MONTH – WEBINAR PLAN

WEEK 4:25-31

TOPIC	DATE/TIME	LINK
The impact of gender and age in resilience and mental wellbeing – Unpacking the results of the MH Covid survey and implications for these groups Hosted by IAEA with a focus on Vienna	27 October	Link to follow
Ensuring access for all -- a conversation with UN Globe, Disability Inclusion Network, Domestic Abuse Taskforce, and YoungUN	29 October New York 9am Nairobi 4pm Geneva 3pm Bangkok 8pm	Link to follow



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