

# WORLD MENTAL HEALTH DAY



## **October 10, 2024 is World Mental Health Day**

World Mental Health Day, observed on October 10th each year, is a global initiative aimed at raising awareness of mental health issues and advocating for better mental health care. This day serves as a reminder of the importance of mental well-being and the need for accessible, quality mental health services for all. It provides an opportunity to educate the public, reduce stigma, and promote policies that support mental health.

The theme for World Mental Health Day in 2024 is "It is Time to Prioritize Mental Health in the Workplace." The theme was chosen through a global vote by members, stakeholders, and supporters of the World Federation for Mental Health (WFMH). The theme is a call to action to address mental health issues in the workplace, which can impact productivity, attendance, and overall performance. The goal is to create cultures where workers can thrive and contribute productively.

***Check out the next page for ways to improve your mental health.***

# HOW TO IMPROVE YOUR MENTAL HEALTH

Improving mental health is a continuous process that involves adopting habits and practices that promote emotional, psychological, and social well-being. Here are several effective strategies to enhance your mental health:

## **BUILD STRONG RELATIONSHIPS**

Social connections are vital for mental health. Spend time with family, friends, and loved ones, and seek out opportunities to meet new people. Join clubs, volunteer organizations, or support groups to foster meaningful relationships. Talking to someone you trust about your feelings can provide comfort and perspective.

## **SET REALISTIC GOALS**

Setting and achieving realistic goals can provide a sense of purpose and accomplishment. Break down larger tasks into smaller, manageable steps and celebrate your progress. This approach can boost self-esteem and motivate you to keep moving forward.

## **ENGAGE IN ACTIVITIES YOU ENJOY**

Make time for hobbies and activities that bring you joy and fulfillment. Whether it's reading, gardening, painting, or playing a musical instrument, engaging in enjoyable activities can reduce stress and improve your mood.

## **SEEK PROFESSIONAL SUPPORT**

If you're experiencing persistent feelings of sadness, anxiety, or other mental health challenges, don't hesitate to seek professional help. Therapists, counselors, and psychiatrists can provide support, guidance, and treatment tailored to your needs. Early intervention can prevent more severe mental health issues.

By incorporating these strategies into your daily life, you can improve your mental health, enhance your resilience, and foster a greater sense of well-being. Remember, taking care of your mental health is a lifelong journey, and it's essential to prioritize it just as you would your physical health.

## **WE CAN HELP.**

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

**Call us today at**