



WFMH GLOBAL CAMPAIGN
WORLD MENTAL HEALTH DAY 2022



MAKE MENTAL HEALTH AND WELL-BEING FOR ALL A GLOBAL PRIORITY

IMPACT REPORT - WMHD 2022



WWW.WMHDOFFICIAL.COM

INTRODUCTION

As the World Federation for Mental Health (WFMH) Secretary-General it gives me great pleasure to share this year's WFMH World Mental Health Day 2022 Impact Report.

I know that each and every one of you has worked very hard to make World Mental Health Day 2022 'Make mental health and well-being for all a global priority' a success.

This WFMH World Mental Health Day 2022 Impact Report highlights just some of the global initiatives that have taken place to raise the importance of mental health and well-being globally.

Thanks to the staff and volunteers at the Office of the WFMH Secretary-General and the volunteer World Mental Health Day 2022 support team for their dedication and hard work.

My sincere thanks to the WFMH President Dr Nasser Loza and the WFMH Executive Committee and Board Members for their leadership.

Sincere thanks to Dévora Kestel, Director, Mental Health and Substance Use Department, World Health Organization (WHO) for her support.

The world is lucky to have its current United Nations (UN) Secretary-General António Guterres who continues to advocate for global mental health and well-being during these difficult times - we are grateful.

To our WFMH World Mental Health Day 2022 Patron Her Royal Highness Princess Iman Afzan Al-Sultan Abdullah of Malaysia a big thank you. Her Royal Highness continues to be an inspiration to all of us.

Mental health and well-being cannot be achieved without everybody's contribution. Please continue the good work that you are all doing and I very much hope that you enjoy reading the WFMH World Mental Health Day 2022 Impact Report.

GABRIEL IVBIJARO MBE

SECRETARY-GENERAL

WORLD FEDERATION FOR MENTAL HEALTH



THE IMPACT

WFMH GLOBAL CAMPAIGN 2022

This report brings together highlights of some of the World Mental Health Day 2022 activities that the World Federation for Mental Health has been directly involved with. We know that many more activities have taken place globally – thank you for your energy and your efforts!

1 MILLION

IMPRESSIONS

100K

OUTREACH

40K

USERS

100

DAYS

50

EVENTS

22

COUNTRIES

30

PARTNERS

10

CAMPUSES

500

VOLUNTEERS

ABOUT THE REPORT

The Impact Report - WMHD 2022 aims to put-forth the initiatives organized and featured by the World Federation for Mental Health, its Members, Partners and Volunteers from all across the World as part of the WFMH Global Campaign on the occasion of World Mental Health Day 2022.

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OF WFMH

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- MESSAGE FROM UNITED NATIONS SECRETARY-GENERAL
- MESSAGE FROM DIRECTOR DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE USE, WORLD HEALTH ORGANIZATION
- MESSAGE FROM WFMH SECRETARY GENERAL

MESSAGE FROM WFMH



NASSER LOZA

PRESIDENT

WORLD FEDERATION FOR MENTAL HEALTH

“ The 2022 World Mental Health Day theme ‘Make Mental Health & Well-Being for All a Global Priority’ was chosen by a global vote that included WFMH members, stakeholders and supporters, and I am very grateful to all of you who participated in this process. This year’s theme highlights many issues relevant to mental health and well-being. ”

MESSAGE FROM PATRON



**HRH PRINCESS
IMAN AFZAN AL-SULTAN ABDULLAH**
PATRON
WORLD MENTAL HEALTH DAY 2022



We must encourage people to start linking mental health and well-being to every aspect of their lives – particularly those who are not yet aware of the importance of mental health. Making mental health and well-being for all a global priority will not mean much if we ourselves do not prioritise our own mental health. It starts with us.



MESSAGE FROM UNITED NATIONS



ANTÓNIO GUTERRES
SECRETARY GENERAL
UNITED NATIONS



We must prevent the root causes of mental health conditions, including violence and abuse. The United Nations is committed to working with partners to promote mental wellbeing. As we mark World Mental Health Day, let us make it a global priority and act urgently so that everyone, everywhere has access to quality mental health care.



MESSAGE FROM WHO



DÉVORA KESTEL

**DIRECTOR, MENTAL HEALTH AND
SUBSTANCE USE DEPARTMENT, WHO**

“ This year’s theme for WMHD is an opportunity for Governments and other relevant stakeholders to embrace the guidance offered in resources such as the WHO world mental health report. The timing is critical because, through the lens of the post-acute phase of the pandemic, we have an opportunity and the tools to really make a difference now. ”

MESSAGE FROM WFMH



GABRIEL IVBIJARO

**SECRETARY-GENERAL
WORLD FEDERATION FOR MENTAL HEALTH**

“ On behalf of the President, Executive and Board of World Federation for Mental Health (WFMH) it is my pleasure, as WFMH Secretary-General, to share the Impact Report for the 2022 World Mental Health Day. Through this report, we intend to recognize the work done by WFMH, its Partners and Volunteers across the globe as part of our Global Campaign 2022. ”

READ THE FULL MESSAGES AT [WMHDOFFICIAL.COM](https://www.who.int/mentalhealth/official)

SECTION B

ABOUT WFMH AND WORLD MENTAL HEALTH DAY 2022

- ABOUT WORLD FEDERATION FOR MENTAL HEALTH
- ABOUT WORLD MENTAL HEALTH DAY
- ABOUT WMHD OFFICIAL THEME 2022
- ABOUT WMHD LOGO 2022
- ABOUT OFFICIAL WMHD WEBSITE

ABOUT WFMH



WORLD FEDERATION FOR MENTAL HEALTH

FOUNDERS OF WORLD MENTAL HEALTH DAY

WFMH is an international membership organization founded in 1948 to advance, among all peoples and nations, the prevention of mental and emotional disorders, the proper treatment and care of those with such disorders, and the promotion of mental health. Today, the Partners, Members and Volunteers of WFMH are present in more than 100 Countries across the World. Learn more at wfmh.global

[LEARN MORE ABOUT WFMH](#)

ABOUT WMHD

WORLD
MENTAL
HEALTH
DAY



FOUNDED IN 1992 BY WFMH

World Mental Health Day was observed for the first time on 10 October 1992. It was started as an annual activity of the World Federation for Mental Health by the then Deputy Secretary General Richard Hunter. The day, officially commemorated every year on October 10th, aims to raise awareness in the global community about critical mental health agendas - with a unifying voice through collaboration with various partners - to take action and create lasting change.

[LEARN MORE ABOUT WMHD](#)

WMHD 2022

OFFICIAL THEME: MAKE MENTAL HEALTH AND WELL-BEING FOR ALL A GLOBAL PRIORITY

On 10 October 2022 we celebrated World Mental Health Day with the theme 'Make Mental Health & Well-Being for All a Global Priority.' Our theme was chosen by a global vote that was open to the public, including WFMH members, stakeholders, and supporters. The 2022 World Mental Health Day theme has provided us with an opportunity to re-kindle our efforts to make the world a better place. We are at a crossroads it is imperative to take the correct path.

[READ THE THEME BRIEF](#)

OFFICIAL LOGO



THE OFFICIAL LOGO OF WMHD 2022

This year we introduced our Official Logo for World Mental Health Day symbolizing inclusion and coming together for a common purpose. Thanks to Samantha Ford Doctoral Researcher English Language and Linguistics, University of Birmingham, UK for supporting us to develop the concept.

WMHD WEBSITE



We launched the Official Website of World Mental Health Day - www.wmhdofficial.com to present all the Events, Initiatives and Work of WFMH, its Partners and Volunteers across the globe to celebrate World Mental Health Day 2022.

[WWW.WMHDOFFICIAL.COM](http://www.wmhdofficial.com)

CAMPAIGN TOOLKIT



MAKE MENTAL HEALTH & WELL-BEING FOR ALL A GLOBAL PRIORITY

World Mental Health Day 10 October 2022

WMHD CAMPAIGN TOOLKIT 2022

www.wmhdofficial.com
#WorldMentalHealthDay #WMHD2022

This year WFMH launched a Campaign Toolkit for World Mental Health Day 2022 inviting the public and stakeholders to join our movement towards global mental health awareness and change. Our sincere thanks to the WFMH Legal Advisor Mrinal Kanwar for leading on developing the Toolkit, and to Ellen Berger, Elena Mercer, Michelle Riba, Todd Edwards, Igor Svab, Kathryn Goetzke, Lucja Kolkiewicz, Henk Parmentier, Afzal Javed, Danuta Wasserman, Claire Brooks, Lisa Weston, Steve Maingot, Mario Merlo & Hitesh Sanwal for their contributions.

[DOWNLOAD THE CAMPAIGN TOOLKIT](#)

SECTION C

GLOBAL EVENTS AND INITIATIVES

Through this section, we aim to recognize and celebrate a range of global initiatives that took place to highlight the theme of WFMH World Mental Health Day 2022 Global Campaign - 'Make Mental Health and Well-being for All a Global Priority.'



GLOBAL EVENTS

50 EVENTS IN 22 COUNTRIES
ACROSS THE WORLD



📍 AUSTRALIA

📍 AUSTRIA

📍 EGYPT

📍 ETHIOPIA

📍 GREECE

📍 INDIA

📍 ITALY

📍 JAPAN

📍 KENYA

📍 LEBANON

📍 MALAYSIA

📍 MEXICO

📍 NIGERIA

📍 PAKISTAN

📍 ROMANIA

📍 RWANDA

📍 SOUTH AFRICA

📍 SWITZERLAND

📍 TURKEY

📍 UNITED KINGDOM

📍 USA

📍 ZIMBABWE

[LEARN MORE ABOUT OUR GLOBAL EVENTS](#)

WMHD 2022 IN ACTION ACROSS THE WORLD



SOUTH AFRICA



NIGERIA



MALAYSIA



PAKISTAN



ZIMBABWE



ETHIOPIA



GREECE



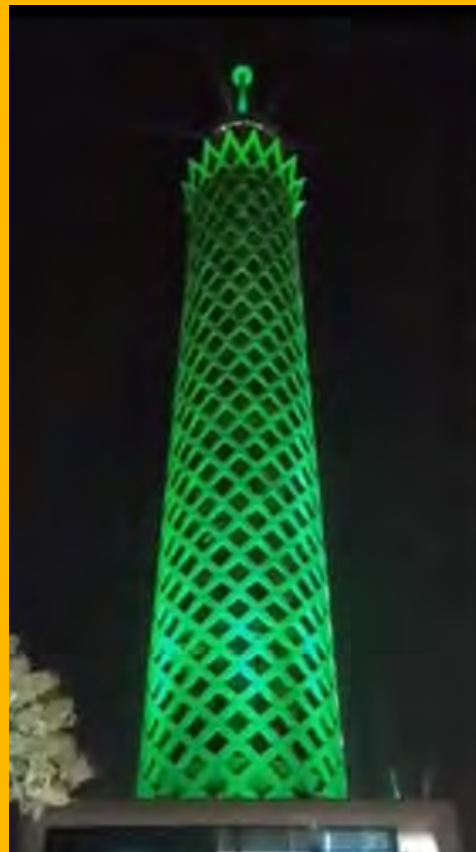
INDIA

LIGHTING UP THE BUILDINGS

The Tokyo Tower in Japan was lit on the occasion of World Mental Health Day. The lighting ceremony was attended by consumers, family, mental health professionals, and officers of the Ministry of Health, Labor and Welfare. Cairo Tower in Egypt was also lighting in green on October 10.



JAPAN



EGYPT

SWITZERLAND

POWERED BY
STRENGTHEN UP betreat.

IN CELEBRATION OF THE



WORLD MENTAL HEALTH DAY

ONLINE EVENT

10 OCTOBER
From 5PM - 7:30PM

The program includes yoga, meditation, visualization, writing sessions, interactive sessions, and conversations that will support attendees to become happier, healthier and mentally strong.

FREE REGISTRATION
HERE



UPZURICH
BETREAT_SWITZERLAND

ITALY

AASM Asociación Argentina de Salud Mental

WFMH WORLD MENTAL HEALTH DAY

MEETING: WORLD MENTAL HEALTH DAY

MAKE MENTAL HEALTH AND WELL-BEING FOR ALL A GLOBAL PRIORITY

OCTOBER 10 - 11.30 AM - 7PM (ITALY)

TRIESTE, ITALIA

INTERNATIONAL SPEAKERS

SIMULTANEOUS TRANSLATION

IBRIDO: IN PRESENZA E VIRTUALE

HOTEL PALACE SUITE
Via San Nicolò 34 - Trieste TS, Italia

FREE REGISTRATION WWW.AASM.ORG.AR CONTACTO@AASM.ORG.AR

ENGLAND

Mental Health for All

World Mental Health Day

TUESDAY 27TH SEPTEMBER, 2PM BST

JAPAN

WORLD MENTAL HEALTH DAY
世界メンタルヘルスデー2022
つながる、どこでも、だれにでも

10月10日(月・祝) 10時 YouTube 配信

著名人やピアサポーターなどが、メンタルヘルスについてわかりやすく語ります！



【メンタルヘルスは自分に関係ない】と感じている方にも、いまだ自身や周囲の人が悩みを抱えている方にも、ご覧いただきたい、一緒に考えていただきたいテーマです。

第1部 アスリートなどによる対談
「道にだってねこりうる」そんなメンタルヘルスの側面について、トップアスリートの皆さんのお話を伺いながら、ともに考えます。

第2部 ピアサポーター*などによる対談
統合失調症やうつ病などの精神疾患について「正しく知り、向き合うこと」それがなぜ金での人にとって大切なのか、体験談も交えて考えていきます。

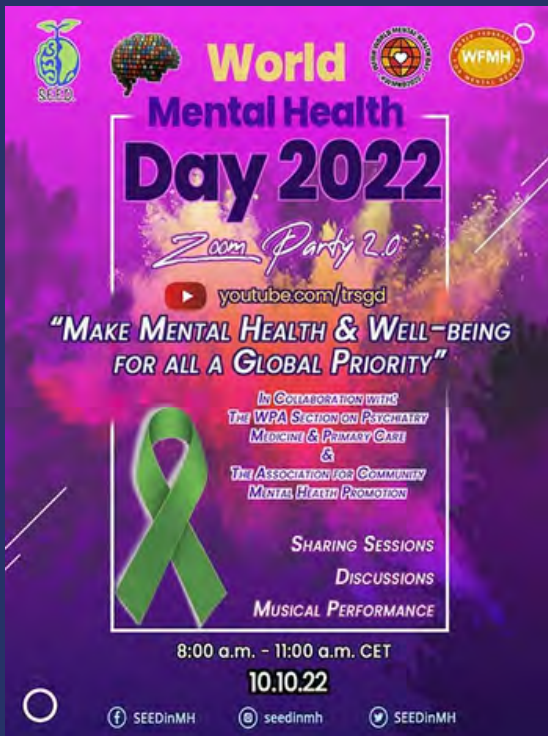
特設サイトからYouTube配信をご覧いただけます。その他メンタルヘルスに関する各種情報などもご案内しています。

世界メンタルヘルスデー2022
特設サイト
<https://www.wmhhd.jp/>
https://www.wmhhd.jp/top/en/mental_health_day/



主催 **厚生労働省** 協力 **シエラ・ヒルソン JAPAN** 運営事務局 **パシフィック・メンタルヘルス**
090-4040064
jp.mental_health@pac.com

TURKEY



World Mental Health Day 2022
Zoom Party 2.0
youtube.com/trsgd
"MAKE MENTAL HEALTH & WELL-BEING FOR ALL A GLOBAL PRIORITY"
In Collaboration with:
THE WPA SECTION ON PSYCHIATRY MEDICINE & PRIMARY CARE
&
THE ASSOCIATION FOR COMMUNITY MENTAL HEALTH PROMOTION
SHARING SESSIONS
DISCUSSIONS
MUSICAL PERFORMANCE
8:00 a.m. - 11:00 a.m. CET
10.10.22
SEEDinMH | seedinmh | SEEDinMH

SOUTH AFRICA

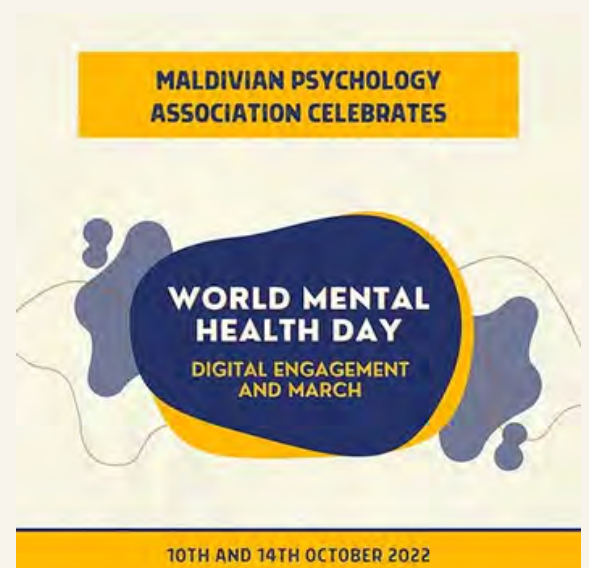


AUSTRALIA



Pacific/Oceania Mental Health Needs: beyond COVID
WEBINAR
9am - 11am (Sydney Time)
Wed 19th October 2022
Presenters > Professor Helen Herrman AQ, WHO Collaborating Centre for Mental Health, Western Pacific
> Dr. Jimmy Obed (Vanuatu)
> Dr. Stefanola Galobewal (Fiji)
> Dr. Kathy Arilo (Kiribati)
> Dr. George Tulkama (Samoa)
> Dr Michele Rumsey AM (Australia) - Moderator
> Other Regional Representatives
Organised by the Oceania Mental Health Advisory Committee.
[Register Here](#)
WFMH | Mental Health Australia | SEEDinMH | UTS | FNU | FJI NATIONAL UNIVERSITY

MALDIVES



MALDIVIAN PSYCHOLOGY ASSOCIATION CELEBRATES
WORLD MENTAL HEALTH DAY
DIGITAL ENGAGEMENT AND MARCH
10TH AND 14TH OCTOBER 2022

RWANDA



Ubuntu Center for Peace

Tackling Trauma and Common Mental Disorders Through a Community-based Social Healing Approach in Rwanda

Dr. Jean Bosco Niyonzima

KENYA



World Mental Health Day 2022

MAKE MENTAL HEALTH FOR ALL A GLOBAL PRIORITY

7.10.2022 /10:00AM / ZOOM WEBINAR

SPEAKERS

Prof. Johannes John Langba, Vice President for Africa, World Federation for Mental Health

Matilda M'ghoi, National Coordinator of Mental Health Psychological Services

Dr. James Kimani Githongo, Member, Counsellors and Psychologists Board


Mr. Mohammed K. Ahmed, Executive Director, Tushirikiane Development Organisation

A Representative from Department of Refugee Services, Refugees in Dadaab and Kakuma and Donor Community

Join, share and learn with us.
[Click here to register](#)

LEBANON

ON THE OCCASION OF WORLD MENTAL HEALTH DAY



THE WORLD FEDERATION OF MENTAL HEALTH AND THE DEPARTMENT OF PSYCHIATRY AT AUBMC INVITE YOU TO ATTEND



WHERE IS MENTAL HEALTH HEADING IN THE ARAB REGION?

CHALLENGES, OPPORTUNITIES & LESSONS LEARNED.

One representative from several countries in the Arab region to speak on that day about Mental Health challenges and issues in their respective countries.

October 19, 2022
11:00 am - 1:00 pm
Beirut Local time
via Zoom

SYMPOSIUM WILL BE DELIVERED IN ARABIC



Department of Psychiatry

ROMANIA



Alianța Română de Prevenție a Suicidului
cu ocazia
Zilei Mondiale a Sănătății Mintale
organizează conferința cu tema
"NU EXISTĂ SĂNĂTATE FĂRĂ SĂNĂTATE MENTALĂ" și continuă
MARATONUL DE PREVENȚIE AL
COMPORTAMENTULUI SUICIDAR
ÎN ROMÂNIA | ETAPA 14-22 km

09.00 – 09.30 Prof. Dr. Doina Cozman
Introducere

09.30 – 10.00 Șef. Lucr. Dr. Bogdan Nemeș,
UMF Iuliu Hațieganu Cluj-Napoca, ARPS
Modelele actuale ale sănătății mintale

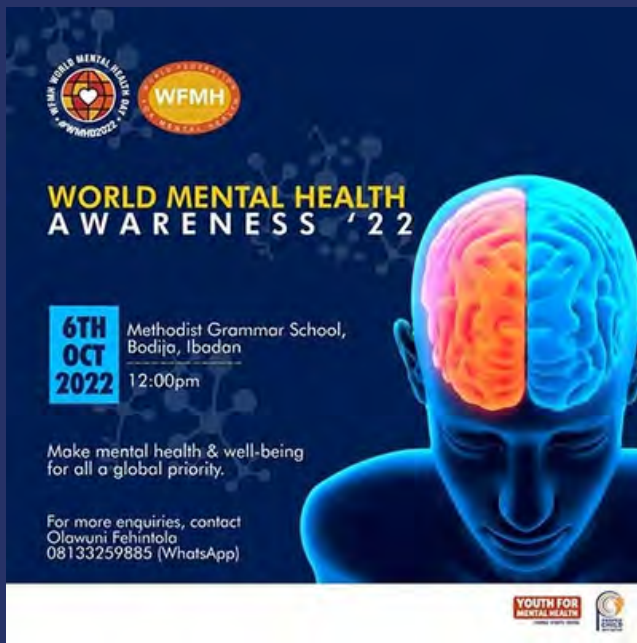
10.00 – 10.30 Prof. Dr. Doina Cozman
Stiluri de decizie clinică în psihiatrie.
Studiu european



10.30 – 11.00 Dr. psih. Raluca Trifu,
UMF Iuliu Hațieganu Cluj-Napoca, ARPS
Psihoeducația la copii - factor de protecție a sănătății mintale viitoare

11.00 – 11.30 Asist. Univ. Dr. Bogdana Miclea,
UMF Iuliu Hațieganu Cluj-Napoca, ARPS
Îngrijirea sănătății psihice a adolescenților

11.30 – 12.00 Dr. Mihai Bran,
Spitalul Clinic Colțea, București, ATLAS APP
Oportunități de tele-psihiatrie în România

NIGERIA








WORLD MENTAL HEALTH AWARENESS '22

6TH OCT 2022 Methodist Grammar School, Bodijo, Ibadan
 12:00pm

Make mental health & well-being for all a global priority.

For more enquiries, contact
 Olawumi Fehintola
 08133259885 (WhatsApp)

MEXICO






DÍA MUNDIAL DE LA SALUD MENTAL PROGRAMA



8:40-8:50	Bienvenida Dr. Juan José Roque Segovia Director de Salud Mental y Adicciones de la Secretaría de Salud de Nuevo León
8:50 a 9:00	Presentación de actividades por el Día Mundial de la Salud Mental Dra. Piera Elizabeth Orozco Vázquez Jefa del Departamento de Rensersión Social Dirección de Salud Mental y Adicciones
9:00 a 9:40	Videoconferencia: #projectDS. Sedentarismo y Salud Mental Dr. Bernardo Ng Director General del Centro Geriátrico Nuevo Atardecer Director Médico de Sun Valley Behavioral and Research Ctrs
9:40 a 10:00	Mensaje por el Día Mundial de la Salud Mental (Virtual) Dr. Fernando Lolas Stepke Vicepresidente Regional Latinoamérica Federación Mundial de Salud Mental
10:00 a 10:40	Conferencia: La salud mental desde casa hacia la comunidad Mtra. Nohema Rios Leija Psicoterapeuta
10:40 a 11:10	RECESO
11:10 a 12:30	Monólogo Frida vive, con la participación de la Actriz Nora de la Cruz Las emociones a través del tiempo Dr. Jorge Mancera Maldonado Psiquiatra, Coordinador del Programa para el Tribunal de Tratamiento de Adicciones
12:30 a 13:30	Mensajes por el Día Mundial de la Salud Mental Dra. Alma Rosa Marroquín Escamilla



JAPAN

イベントコンテンツ③：東京タワーシルバーライトアップ
 開催日時 / 2022年10月10日（月・祝）18時～24時
 内容 / 世界メンタルヘルスデー当日の18時～24時にかけて、東京タワーのシルバーライトアップを実施。備考 / 17時30分～点灯式を開催し、Youtubeで生配信を行う。
 点灯式は世界精神保健連盟の次期理事長 秋山剛氏、日本精神科看護協会の会長 吉川 隆博氏らが出席。



<当イベントに関する問い合わせ先>
 特定非営利活動法人シルバーリボンジャパン
 事務局：菊池
 TEL：045-438-9315 MAIL：jimukyoku@silverribbon.jp

ITALY



GIORNATA MONDIALE DELLA SALUTE MENTALE

L'Italia s'illumina di Verde

10 OTTOBRE 2022

Tante luci verdi per richiamare l'attenzione sul benessere psicofisico e la tutela delle persone con disagio mentale. Gli edifici pubblici si illuminano per accendere i riflettori sui servizi territoriali, sempre più carenti e pertanto da potenziare e rafforzare, sull'impegno e la forza dei tanti volontari che operano in questo settore, sulle persone che soffrono di questi disturbi e sui loro familiari che devono poter accedere alle cure e ricevere sostegno e supporto appropriati.

Non c'è salute senza salute mentale.



COORDINAMENTO TOSCANO DELLE ASSOCIAZIONI PER LA SALUTE MENTALE
<http://www.coordinationetoscanosalutementale.it/>

Organizzazione:  www.koncept.it

UNITED KINGDOM



USA

1-10 OCTOBER 2022

Older Adult Mental Health Awareness Week

International Psychogeriatric Association
Better Mental Health for Older People

Kicking off on 1 October with United Nations' International Day of Older Persons (UNDOIP) and concluding on 10 October in conjunction with World Mental Health Day, this 2nd Annual, ten-day initiative launched by the [International Psychogeriatric Association \(IPA\)](#) is focused on raising awareness of the importance for Better Mental Health for Older People.

Visit our website: <https://awarenessweek.ipa-online.org> to access brand new programs, products and virtual events each day from 1-10 October. We encourage you to check back here often or follow us on social media ([Twitter](#)) for upcoming announcements on Older Adult Mental Health Awareness Week programming.

EGYPT

On world mental health day, here is what we want you to know:

WFMH WORLD MENTAL HEALTH DAY
#WMHD2022

في اليوم العالمي للصحة النفسية،
احنا عيزينك تعرف:

GREECE

WFMH WORLD MENTAL HEALTH DAY
#WMHD2022

WEMH

WORLD MENTAL HEALTH DAY 2022

Making Mental Health & Wellbeing for all a Global Priority

06.10.22
Thursday, 11:00 - 13:00
(Athens time)

Ionia Cultural Centre
Konstantinou Karamanli Av. 113, Voula 166 73

Link to participate:
<https://us02web.zoom.us/j/89592782047>

Free Entrance

EPIONI

AUSTRIA



unesco

Member of
Associations and Clubs

MALAYSIA

HOW ARE YOU?

*A meaningful question
that deserves
a meaningful answer.*



OCEANIA

Mental health and wellbeing – Oceania Region perspectives

JULIE MILLARD

Consultant in Mental Health; WFMH Regional Vice President Oceania; Representative for Western Pacific Region, Global Mental Health Action Network

DR LEANNE BEAGLEY

Occupational Therapist and Family Therapist; Master Business Leadership; PhD (Psychology); Chief Executive Officer Mental Health Australia

The Oceania region of the World Federation for Mental Health (WFMH) includes Australia, Federated States of Micronesia, Fiji, Kiribati, Marshall Islands, Nauru, New Zealand, Palau, Papua New Guinea, Samoa, Solomon Islands, Tonga, Tuvalu, and Vanuatu. The Pacific Islands are grouped into the areas of Melanesia, Micronesia, and Polynesia. The Oceania region is a diverse region situated in the Indian, Southern and Pacific Oceans. The region covers an area just under 9 million square kilometres, accounting for 6% of the global land area, with a combined population of 43.7 million people. There are twenty-two independent countries and over 22,000 islands, many being inhabited. Image 1: Oceania Region Map.



Oceania Region map

From Nations Online Project <https://www.nationsonline.org/project/regions/oceania.htm>

USA



WFMH GLOBAL CAMPAIGN
WORLD MENTAL HEALTH DAY 2022



WEBINAR

LET EVERY CHILD BREATHE FREE

1 OCTOBER 2022 - 4:30 PM BST TO 6:30 BST
LIVE STREAM ON WFMH FACEBOOK - LINK IN BIO

PRESENTED BY



BreathBodyMind
Foundation

WEBINAR SPEAKERS

DR. PATRICIA GERBARG
DR. RICHARD BROWN
JYOTI JO MANUEL

KNOW MORE AT WWW.WMHDOFFICIAL.COM

INDIA

WORLD 2022 BIGGEST GLOBAL CAMPAIGN

WFHM YOUTH FOR MENTAL HEALTH

INDIA FOR MENTAL HEALTH

RECOGNIZING WORLD MENTAL HEALTH DAY WITH

MENTAL HEALTH CAMPUS DRIVE 2022

1 OCTOBER TO 30 OCTOBER
10 CAMPUSES - 5 CITIES - 30 DAYS

IN COLLABORATION WITH
WORLD FEDERATION FOR MENTAL HEALTH
AND YOUTH FOR MENTAL HEALTH

SWIPE TO SEE THE ORGANIZERS

LET'S BE BRAVE TOGETHER

JOIN US ON
WORLD MENTAL HEALTH DAY
SPEAKERS | WORKSHOPS | ART EXHIBITION | MUSIC

10TH OCT. 1.30 PM ONWARDS
ST. ANDREW'S COLLEGE, BANDRA, MUMBAI

PRESENTED BY
MAYBELLINE
MUMBAI

YOUTH FOR MENTAL HEALTH

WFHM CIMBS Caring Foundation DIGNITY

Mann Ki unvati

OUR CONTRIBUTION TO WORLD'S MENTAL HEALTH DAY

10th October 2022

School Outreach Program
Workshop on 'Cultivating Positivity in life'
Poster Competition: Mental Health Awareness
Impact: 5 Schools, 1000+ students!!

Social Media Campaign
Awareness Talks by Expert
Panel of: Psychiatrists, Psychologists, Advocate, Psychiatric Social Workers, Dieticians, Caregivers

Family Group Sessions
Acknowledgment of family's role and support in treatment
Discussion on the deteriorating impact of Compassion Fatigue
Skill training for wellbeing maintenance

outlive

Hope Through Action

Talking about suicide is the first step to prevention

Stories | Art Exhibit | Films | Talks

Art exhibit opens at 10 am.

10th September, 2022 Vishwa Yuvak Kendra, New Delhi, 2pm-7pm

in Partnership With

PRESENTS

SENSITIZATION SESSION: WHERE MENSTRUATION MEETS MENTAL HEALTH

1ST OCTOBER 2022 - MUMBAI, INDIA

AS PART OF WFMH GLOBAL CAMPAIGN 2022 PRESENTS

WFHM YOUTH FOR MENTAL HEALTH

Make THERAPY Accessible for Marginalised Children

Call for Donation

DAAN UTSAV

Joy of Giving

Fundraiser for Children from Sex Workers' Community | Child Care Institutions | Urban Slums

Link in Bio

WFHM YOUTH FOR MENTAL HEALTH

WFHM YOUTH FOR MENTAL HEALTH

ABHIUYAKTI

WORLD MENTAL HEALTH DAY 2022

An awareness session for school students to de-stigmatise mental health

October 10, 2022 Greenland Public School, Darar, Karnal

www.ngosarthi.org

LIGHTS OFF PLEASE

CONVERSATIONS ON SUICIDE PREVENTION
MONOLOGUES FOLLOWED BY A PANEL DISCUSSION

10 September 2022, World Suicide Prevention Day
3:00 - 5:30 PM

Alliance Française de Delhi
72, KK Birla Ln, Lodhi Estate, New Delhi

Entry by prior registration only
at www.tinyurl.com/LightsOffpls

Organizers Partners

O.P. JINDAL GLOBAL UNIVERSITY

WFHM YOUTH FOR MENTAL HEALTH

In Recognition of

WORLD MENTAL HEALTH DAY

JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING
Presents

WORLD MENTAL HEALTH FEST

For the Students, Faculty, and Staff of O.P. Jindal Global University

October 6, 7, and 10, 2022

in collaboration with
WORLD FEDERATION FOR MENTAL HEALTH and YOUTH FOR MENTAL HEALTH

WFHM IPS

WORLD FEDERATION FOR MENTAL HEALTH-ASIA PACIFIC (WFMH) & INDIAN PSYCHIATRIC SOCIETY (IPS) KERALA STATE BRANCH

Cordially invite you to

WORLD MENTAL HEALTH DAY
10:00 am on Monday, October 10, 2022

Venue: SENATE HALL, PUSHAGIRI Thiruvalla, Kerala

Shri. ROSHY AUGUSTINE
Hon'ble Minister for Water Resources, Govt of Kerala
Will inaugurate the meeting

Dr. ALFRED SAMUEL
(President, IPS Kerala) will preside

Keynote address:
Prof. ROY A KALLIVAYALIL
(Vice President, WFMH)

THEME:
MAKING MENTAL HEALTH & WELL-BEING FOR ALL A GLOBAL PRIORITY
Your esteemed presence is solicited.

PROGRAMME

8:00 am World Mental Health Day Rally
Flag Off - Prof. Roy A. Kallivayalil and Dr. Alfred Samuel
Rally Co-ordinators: Dr. Joyce Geo, Mr. Anji George & Mr. Melvin Stalin

10:00 am WFMH (Asia Pacific) World Mental Health Day Lecture-
by Prof. Varghese P. Punnoose (Vice Principal, Medical College, Kottayam)

Choir: Prof. Roy A. Kallivayalil and Dr. Alfred Samuel

Welcome note: Fr. Thomas Pariyarath (Administrator)

GLIMPSES FROM THE EVENTS IN INDIA ORGANIZED BY MENTAL HEALTH ORGANIZATIONS



INDIAN PSYCHIATRIC SOCIETY



CIMBS & CARING FOUNDATION



SANGATH



PADDLING FOUNDATION



NEEV MENTAL HEALTH



SAARTHI



X

**YOUTH FOR
MENTAL HEALTH**

CHANGE STARTS YOUNG

MENTAL HEALTH CAMPUS DRIVE

IN 10 CAMPUSES OF INDIA WITH 300 VOLUNTEERS

The World Federation for Mental Health (WFMH) and our Official Partner Youth for Mental Health (YMH) collaborated with different campuses in India to feature their events organized on the occasion of the World Mental Health Day 2022.



O.P. JINDAL GLOBAL UNIVERSITY



LADY SHRI RAM COLLEGE FOR WOMEN



PRAGATI COLLEGE OF ARTS & COMMERCE



KESHAV MAHAVIDYALAYA



**VIVEKANAND EDUCATION SOCIETY'S
COLLEGE OF ARTS, SCIENCE & COMMERCE**



**JAGANNATH INSTITUTE OF
MANAGEMENT SCIENCES**



M.M.P. SHAH WOMEN'S COLLEGE



MATA SUNDRI COLLEGE FOR WOMEN



SYMBIOSIS COLLEGE OF ARTS & COMMERCE



VIVEKANAND COLLEGE

**MORE THAN 1000 STUDENTS AND FACULTY MEMEBERS
PARTICIPATED IN THE EVENTS ACROSS CAMPUSES**

As a part of World Mental Health Day initiative, Cosmos Institute of Mental Health & Behavioural Sciences (CIMBS), and Caring Foundation were involved in different campaigns which included School Outreach Program, Social Media Campaign and Family Group Sessions. The main goal of the program was to advocate for mental health and enhance awareness about mental well-being among general public.



SCHOOL OUTREACH PROGRAM



SOCIAL MEDIA CAMPAIGN



FAMILY GROUP SESSION



EMPOWERING OUR IN-PATIENTS

OCTOBER 10 EVENT: WORLD MENTAL HEALTH FEST 2022

World Mental Health Fest was organized at OP Jindal Global University by Jindal School of Psychology and Counselling on October 10, 2022 in collaboration with the World Federation for Mental Health and Youth for Mental Health.



CARNIVAL



ART ACTIVITIES



DISCUSSIONS



PERFORMANCES

CAMPAIGN INITIATIVES

VOICES THAT MATTER

Voices that Matter united individuals virtually for a pledge to making mental health and well-being for all a global priority. The initiative and provide stakeholders across the globe a platform where they can talk about the possible solutions and necessary actions needed for the advancement of mental health on a global scale.



Express Through Arts provided individuals across the world a virtual platform to engage with different art-based activities through the Official Website of the World Mental Health Day 2022. Creative expression is very personal to us, and helps us communicate our thoughts and emotions in a way that no other medium can.

EXPRESS THROUGH ARTS



[CLICK HERE TO LEARN MORE ABOUT OUR INITIATIVES](#)

VOICES THAT MATTER



MIKLOTH BOND

**PEER TUTOR OF
TOWER HAMLETS RECOVERY COLLEGE
LONDON, UNITED KINGDOM**

I think that World Mental Health Day is important because it gets people talking about mental health, and how it could impact on their lives. Mental health is something that affects us all; if not personally, we all know of someone who has, in one way or another shown how it can influence the way they are perceived, and stigmatised. What with the stigmatisation and shame, it is not hard to understand why people are unwilling to talk about it openly, Yet we all experience both good and bad mental health, and live our lives somewhere on the ark of that spectrum. As society continues to progress and develop, it is important to speak up about an issues like mental health, that we may all have to face up to at sometime in our lives.

ASHA ABDILLAHI

**COMMUNITY INCLUSION LEARNING STREAM
PEER TUTOR, TOWER HAMLETS RECOVERY COLLEGE
LONDON, UNITED KINGDOM**

The importance and significance of Mental health has been ignored for too long. Mental health needs to be a priority for the health and wellbeing of humanity. It is time for the spotlight to shine on Mental health because it affects all our lives one way or another. This will continue and we need days such as Mental health day to highlight and address the issues surrounding Mental health including causes, treatments, research, and funding. Having this day will be one of the ways forward in reaching a parallel and equal level of standing in society as physical health. One cannot be treated or addressed without the other anymore

FROM WHO



World Health Organization

We are thankful beyond words to our Official Partner World Health Organization (WHO) for their generous support towards our Global Campaign on World Mental Health Day 2022. As part of the WFMH Global Campaign, we featured and promoted following reports on mental health published by the World Health Organization (WHO).

WHO MENTAL HEALTH AT WORK

GUIDELINES AND POLICY BRIEF FROM ILO/WHO



WHO and ILO highlight the importance of mental health and well-being in the workplace. They present recommendations for the prevention of work-related mental health conditions, protection and promotion of mental health at work, supporting the mental health of workers and creating an enabling environment for all.

[DOWNLOAD THE REPORT](#)

WHO WORLD MENTAL HEALTH REPORT



This “World Mental Health Report” is designed to inspire and inform better mental health for all. Drawing on the latest evidence available, showcasing examples of good practice from around the world, and voicing people’s lived experience, it highlights why and where change is most needed and how it can best be achieved. It calls on all stakeholders to work together to deepen the value and commitment given to mental health, reshape the environments that influence mental health, and strengthen the systems that care for mental health.

[DOWNLOAD THE REPORT](#)

SECTION D

WFMH OFFICIALS, TEAMS AND VOLUNTEERS

- OFFICE OF THE SECRETARY-GENERAL
- WFMH GLOBAL CAMPAIGN SUPPORT TEAM
- GLOBAL VOLUNTEERS TEAM
- WFMH OFFICIALS

OFFICE OF THE SECRETARY-GENERAL



GABRIEL IVBIJARO

SECRETARY-GENERAL
WORLD FEDERATION FOR MENTAL HEALTH



MARIO MERLO
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ADVISOR



STEVE MAINGOT
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MRINAL KANWAR
LEGAL
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HITESH SANWAL
YOUTH & OUTREACH
ADVISOR



SAMANTHA FORD
COMMUNICATIONS
ADVISOR

WFMH SUPPORT TEAM

GLOBAL CAMPAIGN - WORLD MENTAL HEALTH DAY



NIDHI JOSHI



SEERAT SHARMA



MERU MADAAN



YOSHITA DAWAR



JAYATI KALRA



ASHVEEN KAUR



KUNWAR INAYAT



ZAINAB SHAIKH



SALONI BHUTRA



RENNET ATTRI



MANYA SATI



ISHA WALI



SHRUTI GARG



BHARGAVI OJHALE



TANVI PATIL



SANJANA MALIK



NEHAL LALA



DAKSHITA VADHERA

Our Support Team for World Mental Health Day managed the operations of Social Media, Creative Designing, Content Development, Outreach, Human Resources, Collaborations and Strategizing for the WFMH Global Campaign.

GLOBAL VOLUNTEER TEAM

500 VOLUNTEERS IN 10 COUNTRIES



Our Global Volunteer Team consists of 500 Volunteers across 10 Countries. They are our youth ambassadors and changemakers. Our volunteers promoted, organized and participated in virtual and in-person events organized across the globe for World Mental Health Day 2022.

WFMH OFFICIALS

We are thankful to the Officials of the World Federation for Mental Health for their support towards the World Mental Health Day and its activities.

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2021-2023 WFMH REPRESENTATIVES TO THE UNITED NATIONS AND WORLD HEALTH ORGANISATION

UNITED NATIONS	
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WORLD HEALTH ORGANISATION	
<p>World Health Organisation (WHO) Geneva, Switzerland</p>	<p>Nasser Loza WFMH President</p> <p>Gabriel Ivbijaro WFMH Secretary General/CEO</p> <p>Jukka Karkkainen WFMH Regional VP Europe</p>

	<p>Stylianidis Stelios WFMH Member</p> <p>Manuela Silva WFMH Member</p> <p>Roberto Mezzina WFMH VP Programme Development</p>
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[CLICK HERE TO LEARN MORE ABOUT THE WFMH OFFICIALS](#)

All WFMH Past Presidents since 1948:

- John Rawlings Rees (1948) - London, England
- Dr. Andre Repond (1949-1950) - Switzerland
- Prof. W. Line (1950-1951) - Toronto, Canada
- Prof. Alfonso Millan (1951-1952) - Mexico, DF
- Dr. M.K. el Kholy (1952-1953) - Cairo, Egypt
- Prof. H.C. Rumke (1953-1954) - Utrecht, Netherlands
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- Dr. Phon Sangsingkeo (1962-1963) - Bangkok, Thailand
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- Dr. Alan Stoller (1964-1965) - Victoria, Australia
- Sir Samuel Manuwa (1965-1966) - Lagos, Nigeria
- Dr. Otto Klineberg (1966-1967) - Canada
- Prof. Morris Carstairs (1968-1972) - Edinburgh, Scotland
- Prof. Michael Beaubrun (1972-1974) - Kingston, Jamaica
- Prof. Tsung-yi Lin (1975-1979) - Vancouver, Canada
- Mr. Gowan Guest (1979-1981) - Esq, Vancouver, Canada
- Prof. Eugene Brody (1981-1983) - Baltimore, USA
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- Mrs. Edith Morgan (1985-1987) - London, England
- Dr. Gamal M. Abou El Azayem (1987-1989) - Cairo, Egypt
- Dr. Stanislas Flache (1989-1991) - Geneva, Switzerland
- Dr. Max W. Abbott (1991-1993) - Auckland, New Zealand
- Dr. Federico Puente-Silva (1993-1995) - Mexico DF, Mexico
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- Mrs. Pirkko Lahti (2001-2003) - Helsinki, Finland
- Dr. Patt Franciosi (2003-2005) - Wisconsin, USA
- Mrs. Shona Sturgeon (2005-2007) - Cape Town, South Africa
- Prof. John R.M. Copeland (2007-2009) - London, England
- Mr. Anthony Fowke (2009-2011) - Perth, Australia
- Mrs. Deborah Wan (2011-2013) - Hong Kong, SAR
- Prof. George Christodoulou (2013-2015) - Greece
- Dr. Gabriel Ivbijaro (2015-2017) - United Kingdom
- Dr. Alberto Trimboli (2017-2019) - Argentina
- Ingrid Daniels (2019 to 2021) - South Africa

SECTION E

WMHD 2023: 75 YEARS OF WFMH



2023 is a special year for the World Federation for Mental Health because it marks 75 Years since we started our journey of global mental health advocacy.

On this special occasion, we are aiming to organize our largest Global Campaign culminating in WFMH's Flagship Endeavour - World Mental Health Day 2023.

Join us at WFMH Global Campaign 2023 and look out for announcements!

SECTION F

JOIN OUR EFFORTS

Click on the following tabs to:

DONATE TO SUPPORT US

SUBSCRIBE TO BULLETIN

Write to us at wmhdofficial@wfmh.global to:

BECOME A VOLUNTEER

PARTNER WITH US



SECTION G – NOTE OF THANKS

I would like to extend a special thank you to all WFMH members all over the world, both past and present, our army of volunteers who continue to deliver and support our work and vision.

Thank you to our WFMH Regional Vice Presidents for the lead they have taken to shine a light on mental health and well-being in their regions: Johannes John-Langba (Africa), Roy Kallivayalil (Asia-Pacific), Brigitte Khoury (Eastern Mediterranean), Jukka Karkkainen (Europe), Fernando Lolas Stepke (Latin America), Allan Tasman (North America/Caribbean) & Julie Millard (Oceania).

Members of the WFMH Executive Committee and Directors at Large have actively supported the event including Nasser Loza President, Tsuyoshi Akiyama President Elect, Ingrid Daniels Immediate Past President, Silvia Raggi Corporate Secretary, Andrew Mohanraj Treasurer, Sunil Mittal VP Constituency Development, Roberto Mezzina VP Programme Development and our Directors at large include Spyridon Zormpas, shu- jen Lu, Sabine Bahrer-Kohler, Indira Sharma, Mehnaz Zafar, Juan Carlos Fantin, Viktor Vus and Unaiza Niaz.

Many thanks to the Colleges and Institutions that have been supporting us including the World Organization of Family Doctors (Wonca), World Psychiatric Association (WPA), Royal College of General Practitioners (RCGP), World Association of Social Psychiatry (WASP), Royal College of Psychiatrists (RCPsych) & American Psychiatric Association (APA). To the WFMH Youth Wing - Bravo! To the patients, staff and colleagues at Wood Street Health Centre, Walthamstow London - thank you!

Citizens matter! We can all make a contribution to improving mental health and well-being, and ensuring that people with lived mental health experience, their families and carers are empowered to be part of a society where mental health stigma is a thing of the past.

A special thank you to our donors who have continued to support us through thick and thin.

Once more, we are very grateful to the World Health Organization, the United Nations and our World Mental Health Day 2022 Patron, HRH Princess Iman Afzan Al-Sultan Abdullah.

GABRIEL IVBIJARO MBE
SECRETARY-GENERAL
WORLD FEDERATION FOR MENTAL HEALTH



**WORLD FEDERATION
FOR MENTAL HEALTH**



WFMH BIGGEST GLOBAL CAMPAIGN 2022

**MAKE MENTAL HEALTH AND WELL-
BEING FOR ALL A GLOBAL PRIORITY**



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