

10 OCTOBER

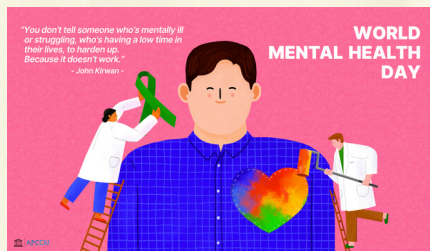
WORLD MENTAL HEALTH DAY

"You don't tell someone who's mentally ill or struggling, who's having a low time in their lives, to harden up, because it doesn't work."

- John Kirwan -

WHY DO WE MARK THIS DAY?

World Mental Health Day is observed on October 10 since 1992. The day aims to advocate mental health issues and spread awareness of the social stigma faced by those suffering from mental health issues.



The World Health Organization emphasizes mental health as being more than mental disorders. The day also calls upon the world to recognize the necessity of having a healthy mind and body. Mental health issues should be addressed immediately as they can affect the daily lives of an individual. For instance, anxiety is one of the most common mental disorders. If an individual is suffering from severe anxiety, it can make the person avoid any kind of gatherings or social situations that might trigger anxiety symptoms. Hence, mental health is an integral and essential component of health.

QUESTIONS FOR DISCUSSION

- ✓ In what ways will addressing inequality improve mental health in a society?
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MEET TODAY'S GLOBAL CITIZEN



JOHN KIRWAN

Kirwan made a significant contribution in New Zealand to break down barriers around talking about mental health and accessing help. Kirwan also sent the message that it's okay for everyone to talk about anxiety and depression - to seek help and to support friends and family suffering from mental illnesses. He has set up a foundation and a self-help app for individuals and organizations to use anywhere, in the workplace or at home. Kirwan has drawn on his own experiences with depression to inspire and act which are in his book "All Blacks Don't Cry" as well as in his numerous videos and keynote presentations.