



# WORLD MENTAL HEALTH DAY

**October 10th**

**Mental Health doesn't take a day off - it is more than a small part of our lives - it is every moment of every day.**

**Mental Health is important every day but the 10<sup>th</sup> of October is a reminder of the importance of good mental health and the need to prioritise and invest in good mental health.**

**For information and resources to recognise  
World Mental Health Day:**

 **World Health Organisation**

 **Mind**

 **Mental Health Foundation**

 **Mental Health UK**

 **Rethink Mental Illness**