



The theme for 2026 is:

**“Lived experiences heard: real voices, real change”**

Conversations about mental health make a difference, and they matter most when we listen to people’s experiences.



**For information and resources to recognise  
World Mental Health Day (all clickable):**



-  [World Health Organisation](#)
-  [Mind](#)
-  [Mental Health Foundation](#)
-  [Mental Health UK](#)
-  [Rethink Mental Illness](#)