



OCTOBER 10<sup>TH</sup> IS  
**WORLD  
MENTAL  
HEALTH  
DAY**

## Mental Health is a Universal Human Right

Mental health conditions affect millions of people worldwide, with an estimated one in eight individuals globally living with a mental health condition. Mental health conditions are among the top ten causes of disability in both developed and developing countries, as recognized by the United Nations.

This year, on World Mental Health Day, we align ourselves with the World Federation for Mental Health (WFMH) and the World Health Organization (WHO) through the theme **"Mental Health is a Universal Human Right."** Every person—regardless of their background or circumstances—should have equal access to the support, care, and resources necessary for their mental wellbeing to flourish.

On this World Mental Health Day, let us come together as a global community to address the gaps in mental health care and support. It is time to break down the barriers that prevent individuals from seeking help, challenge the stigma surrounding mental health, and ensure that no one is left behind in their journey toward wellbeing.

### WHAT YOU CAN DO:

Promote our free online recorded seminar:

#### **"Empowering Minds, Changing Lives: Championing Mental Health Rights"**

The online seminar is a recorded on-demand event and will be released on your Employee Assistance Program website on October 10<sup>th</sup>.

### Participants will benefit by:

- Understanding mental health as a universal human right.
- Addressing the stigma and discrimination faced by individuals with mental health conditions as well as how to eliminate these barriers.
- Exploring the role of colleagues and managers in promoting mental health rights and creating a supportive work environment.
- Discussing the role of communities in championing mental health rights.
- Highlighting the importance of self-care practices, building resilience, and nurturing positive mental health habits.

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# Mental Health is a Universal Human Right

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### HOW EMPLOYEE ASSISTANCE CAN HELP

Promote your Employee Assistance Program through online and on-site (where allowed and feasible) awareness events, learning events and availability of promotional materials.

### ADDITIONAL ON-SITE OR ONLINE LEARNING EVENTS

The EAP team can arrange for on-site or online learning events that can be purchased for your organization. **A few of the seminars available include:**

#### Mental Health Series

We all have a role to play in helping to normalize conversations around mental health and contribute towards a respectful and supportive work environment. In this Mental Health Series, we provide several topics: **“Mental Health: Recognize and Respond – A Session to Help Employees Become an Agent of Change”**, **“Mental health: Recognize and Respond – A Session for Managers”**, **“Battling Burnout”** and **“Talking About the “S” Word”**. These topics can be purchased individually, or as a series of mental health sessions, to help you promote mental health during World Mental Health Day.

### Healthy Mind Toolkit—Boosting your Mental Health

Many people become more concerned about meeting other people's needs and expectations and end up neglecting their own. It is important to remember that you cannot pour from an empty cup and taking care of yourself and managing your own health and energy is an essential part of living a happy life. This empowering training will help you to gain coping strategies for dealing with adversity in a constructive way and develop structured mechanisms for building better mental health.

### Thriving at Work: Strategies for Managing Mental Health and Productivity

This session is designed to empower employees with practical techniques and insights for maintaining positive mental health while enhancing productivity in the workplace. This seminar will provide participants with valuable strategies to navigate stress, enhance productivity, create supportive work relationships, foster resilience, prioritize self-care, and cultivate a positive mindset.

Contact your Account Manager for more information about these seminars.

[www.inova.org/eap](http://www.inova.org/eap)