



MAKE MENTAL HEALTH FOR ALL
A GLOBAL PRIORITY

FOR ORGANIZATIONS

Contents

World Mental Health Day 2022

UN System resources

Communications package

Useful resources you can promote

World Mental Health Day 2022

World Mental Health Day campaigns

World Mental Health Day is marked every year on October 10 to raise awareness about mental health around the world and to mobilize efforts to support those experiencing mental health issues. Every year since 2013, the World Health Organization (WHO) has organized a global campaign for World Mental Health Day. The World Federation for Mental Health (WFMH) announced the theme for World Mental

World Mental Health Day 2022 information sessions

There will be a number of information sessions held between August and October to provide information about activities being held this year. These sessions will:

- Give you an overview of the System-

[2020 Survey Report](#)

[2021 Survey Report](#)

The Workplace Mental Health and Well-being Lead and Learn Programme

A series of resources for UN leaders and managers that aims to provide knowledge, skills and accountability to support the mental health and well-being of their teams and themselves. The programme includes:

a. Online learning programme ([Info and registration](#))

Lead and Learn brochure ([available on Trello](#))

b. Factsheets for Managers and Leaders

Factsheet 1: Why is mental health and well-being important?

What Can You Do in Your Organization?

Organizing your own event

Your organization/ Entity/ team can use the available resources and guidance to organize an event for World Mental Health Day 2022.

Events can be organized throughout the month of October 2022.

We suggest organizing online events. However, you might consider an in-person gathering/outdoor activity or conversation with your team.

Reach out to **Staff Counsellors** in your organization. They have been briefed and are ready to support you in organizing your event. The Critical Incident Stress Management Section (CISMS) is a key partner for World Mental Health Month and can be contacted at undsscismu@un.org to hear about events they are running.

Staff Federations are also active partners for World Mental Health Day and organize events and activities across the System.

Tips for your event:

- Use **storytelling** techniques: invite speakers to share their stories and personal experiences. This creates empathy and normalizes conversations about topics that are perceived as difficult or taboo.
- **Language** is an important element. Do not hesitate to organize discussions in languages different than English.
- **Record the events** for those who are not able to attend live.

You can **get inspired** by previous WMHD events:

- WMHM 2020 events recordings [\[Link\]](#)
- WMHM 2021 events recordings [\[Link\]](#)
- Complete [playlist of events organized by the MHS team](#)

Share information

Share resources on mental health and wellbeing, available in different languages.

Share information about the Lead and Learn programme and encourage Leaders and Managers from your organization to complete the learning programme.

Send broadcast messages about World Mental Health Day/Month to all personnel.

Publish intranet articles on World Mental Health Day/Month.

Share available factsheets on a weekly basis.

Include posters, infographics, email signature, in your internal communications.

Use MS Teams background during the month of October and beyond

Use social media to raise awareness and reach all personnel.



All communication material can be found in our [Trello board](#).

Topic ideas for panel discussions

1. Stigma in the workplace: Welcoming and supporting colleagues with a mental health condition

Key messages and resources:

The stigma and discrimination that we often fear regarding mental health can prevent us from reaching out for the support we may need. Stigma refers to individuals who are **perceived** in an adverse way due to their mental health, while discrimination refers to those who are **treated**

2. Events organized by Staff Counsellors

Key messages and resources:

In 2020, the Critical Incident Stress Management Section (CISMS) organized a series of regional events

3. The role of leaders and managers- Workplace Mental Health and Well-being Lead and Learn Programme

Key messages and resources:

Leaders and managers play an essential role in ensuring that the UN System supports good mental health. This includes creating a positive work environment and supporting personnel who are experiencing a mental health condition.

The Lead and Learn Programme is a key supportive implementation tool of [the UN System Workplace Mental Health & Well-Being Strategy](#).

The Lead and Learn online

4. Poetry reading event

Key messages and resources:

Wellbeing Team launched a system-wide poetry series. We asked colleagues to share their work in any language, form, style or topic to help raise awareness about mental health.

The result of this initiatives was [Sauti Poems Of Healing E-Book](#), a compilation of poems received from around the world, to help raise awareness about mental health.

Around 37 submissions from all around the world have been received, confirming the enthusiasm around this project. Poems flooded in from Kenya, USA, Turkey, Bangladesh, Italy, Sweden, Mali, India, just to name a few.

This is an opportunity to promote the art of poetry, connect through this shared medium, raise awareness about mental health, and celebrate multilingualism and our cultural diversity as well as the work of UN personnel.

Recordings of panel discussions on this theme:

[Book launch recorded event March 2021](#)

[Recording of International Poetry Day event, March 2022](#)

Other Suggested Activities

Storytelling event for children

Share messages from managers talking about their roles in creating an environment that supports wellbeing and mental health.

Share some general well-being tips and resources on self-care, and workplace mental health and well-being from the [UN webpage](#), e.g., Headspace.

Organize a virtual coffee chat / speed dating to check-in with another colleague on how they are doing, really

Annexes

Annex1: Things to Consider When You Plan for Events and Activities

Develop your WMHD planning tool

Check lessons learned from previous WMHD

Identify events dates, activities, roles and responsibilities, actions and deadlines.

Annex 2: Sample Concept Note for Online Event

Overview:

[Add relevant info]

Objectives:

- I. [Add relevant info]
- II. [Add relevant info]

Themes to be explored:

- I. [Add relevant info]
- II. [Add relevant info]

Event details and logistics:

Name:

Organizers/hosts:

Platform:

Target Audience:

Speakers:

Facilitator:

Proposed Date/Time:

Event recorded: y/n

Run of show (sample):

8:55 - 9:01	Opening slide
9:01 - 9:15	Opening remarks by xxx
9:15 - 9:30	Presentation by xxx
9:30 - 9:55	Q&A segment
9:55 - 10:00	Closing remarks by xxx
10:00 - END	Closing Slide

Include event flyer (see samples available on the [Trello board](#))