

Strategic Partnership Boards

SAFETY SAFEGUARDING WELLBEING

Spotlight on ... better mental health for all

"Sometimes we say we're fine when we're not"
#asktwice



Better mental health for all is a cross-cutting priority for the four strategic boards, led by the Waltham Forest Health & Wellbeing Board. 10 October is **World Mental Health Day**



World Mental Health Day is an opportunity for all of us to raise awareness of mental health issues and advocate against social stigma. The day provides an opportunity for you and your organisation to add to the wider conversation that will be occurring on social media, television and elsewhere. Visit the [Time to Change website](#) for more information and useful resources such as the poster above and this film

Also, [watch this music video](#), created by A local Time to Change Champions and launched as part of World Mental Health Day #talkitout

Why is it important that we bring conversations about mental health into the workplace?

9 out of 10 people who experience mental health problems say they face stigma and discrimination as a result

60% of people said that stigma and discrimination are as damaging or more damaging than the symptoms of their mental health problem

35% of respondents said that stigma had made them give up on their ambitions, hopes and dreams for their life

27% said stigma had made them want to give up on life

Figures come from viewpoint survey 2014/15 (Institute of Psychiatry). Survey of 1,000 people using secondary mental health services in five locations in England.

The Mayor of London recently launched the [Zero Suicide LDN](#) campaign to encourage Londoners to complete [a free online training](#) to help people identify warning signs and to feel comfortable having conversations about suicide. **Please encourage your teams and networks to watch the [20-minute online training](#).** More information and resources can be found [here](#)



The **'Five Ways to Wellbeing'** campaign promotes actions that have been shown by research to help people maintain good mental wellbeing and encourages us all to take part in activities in our everyday lives to feel good and be happier. [Find local support](#) to help you look after your mental health.