

World Mental Health Day

10th October 2023

“Mental health is a universal human right”



World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

Good mental health allows us to cope with challenges, connect with others and thrive throughout our lives. It's vital and deserves to be recognised and respected.

Talking is good for your mental health. And talking *about* mental health is important. But starting a conversation isn't always easy.

Top Tips on talking about your mental health – Choose someone you trust to talk to; Think about the best place; Prepare yourself for their reaction.

Top Tips on talking to someone about their mental health – Find a good place to talk without distractions; Listen & ask questions; Ask how you can help.
(www.mentalhealth.org.uk)

www.hycscounselling.co.uk

www.youngminds.org.uk

www.papyrus-uk.org

[World Mental Health Day 2023 | Mental Health Foundation](#)



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy