

## World Mental Health Day 2024 – 10 October

#WMHD2024 #WorldMentalHealthDay2024

[www.startaconversation.co.uk](http://www.startaconversation.co.uk)

The theme for 2024, set by the World Foundation of Mental Health, is “It is time to prioritise mental health in the workplace”.

Through our #StartAConversation campaign we would like residents and communities across Leicester, Leicestershire, and Rutland to be more aware of the variety of mental health illnesses and how you can make small changes every day to improve your mental wellbeing.

### Social media posts examples:

Message	Channel
<p>🧠 Today is #WorldMentalHealthDay</p> <p>We all have mental health and as we go through life it can change depending on what's going on.</p> <p>It is important to remember that you are never alone, starting a conversation with someone may be your first step in getting the support you need 🧡</p> <p>Advice and support is out there – visit our Start a Conversation website today and find out how you can get the right support for you.</p> <p>For info, guidance and support for you or a loved one visit ↓ <a href="http://www.startaconversation.co.uk">www.startaconversation.co.uk</a></p>	Facebook LinkedIn Nextdoor
<p>Today marks World Mental Health Day, this year's theme is prioritising mental health in the workplace 📄</p> <p>It's crucial to shine a light on one of the most pressing issues affecting modern workplaces: burnout. Burnout happens gradually and affects wellbeing both in and out of work.</p> <p>Noticing signs early can help you take action to prevent further poor mental health.</p> <p>To find out more about burnout and advice on spotting the signs, visit ↓ <a href="https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/world-mental-health-day/">mentalhealth-uk.org/get-involved/mental-health-awareness-days/world-mental-health-day/</a></p>	LinkedIn
<p>This World Mental Health Day step up for someone you know and start a conversation about how they are feeling!</p> <p>Help us to make conversations about mental health normal so that everyone has the right to talk and get the help they need.</p> <p>For guidance on starting a conversation visit ↓ <a href="http://www.startaconversation.co.uk/sac-resources">www.startaconversation.co.uk/sac-resources</a></p>	Facebook LinkedIn Nextdoor

<p>Want to improve your confidence to help someone who may be experiencing thoughts of suicide?</p> <p>This World Mental Health Day take that step and complete our Start a Conversation suicide prevention awareness e-learning – online, free, self-directed, 20-minute e-learning that will build your confidence.</p> <p>Visit our website to start now ↓  <a href="http://www.startaconversation.co.uk/sac-training">www.startaconversation.co.uk/sac-training</a></p>	<p>Facebook  LinkedIn  Nextdoor</p>
<p>Support is available for your mental health and wellbeing.</p> <p>If you, or someone you care about, need to talk about mental health urgently, please call:</p> <p>☎ NHS 111, selecting option 2 for mental health  🕒 Open 24 hours a day, 7 days a week.</p> <p>For more information visit 🖱  <a href="http://www.leicspart.nhs.uk/mental-health">www.leicspart.nhs.uk/mental-health</a></p>	<p>Facebook  LinkedIn  Nextdoor</p>

Additional trusted sources of information:

Mental Health UK - World Mental Health Day 2024, workplace resources:

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/world-mental-health-day>

Mental Health Foundation - how to support mental health at work:

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-work>

Mental Health First Aid England - Top tips for managing stress in the workplace:

<https://mhfaengland.org/mhfa-centre/blog/top-tips-for-managing-stress-in-the-workplace>

World Health Organisation - World Mental Health Day 2024:

<https://www.who.int/campaigns/world-mental-health-day/2024>

Graphics:

