



COMMUNICATIONS

October is World Mental Health Month: Week 2 summary and upcoming events

72/20

Geneva

20 October 2020

To: All members

From: Evelyn Kortum – FICSA General Secretary

Dear colleagues,

You will have seen [FICSA Communication 69/20](#) on the joint efforts of the UN Common System during “World Mental Health Month”.

The focus this week, 19-23 October, is on “**Nurturing your own mental health and wellbeing**”. The aim is to inspire UN personnel to take action to improve mental health for themselves and others.

During this week there will be **panel discussions, open to all UN staff** in English, French and Spanish for different regions. The discussions will focus on what do can you do to look after your own mental health. Please also refer to the World Mental Health Week [calendar](#) for details on all upcoming events.

Just below are the flyers advertising these events which you are also welcome to use and disseminate.

- [Asia panel flyer](#)
- [English panel flyer](#)
- [French panel flyer](#)
- [Mena panel flyer](#)
- [Spanish panel flyer](#)

For additional resources and updates, visit [Mental Health Matters, A Healthy Workforce for a Better World](#).

We urge you to share this communication with all your members given its importance during the current health crisis.