



COMMUNICATION

World Mental Health Day

25/23

10 October 2023



MENTAL HEALTH
MATTERS:
A HEALTHY WORKFORCE
FOR A BETTER WORLD

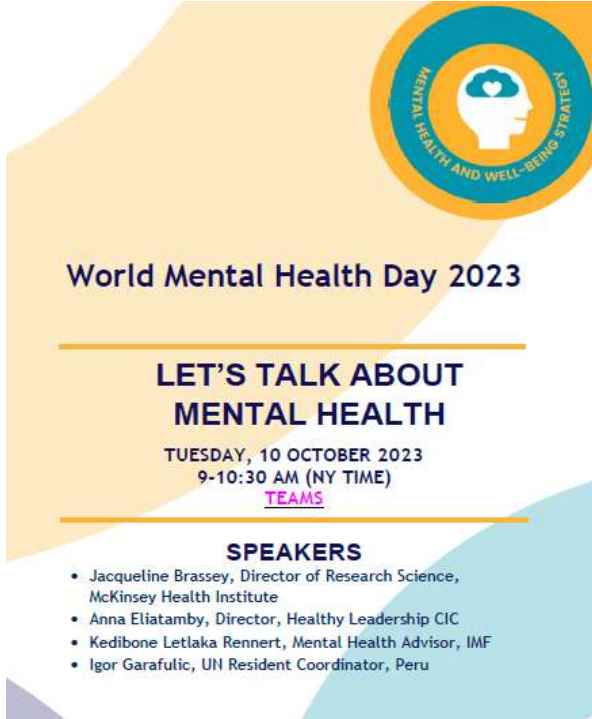
**Geneva
5 October 2023**

To: All Members

From: FICSA Secretariat

Dear colleagues,

[World Mental Health Day 2023](#) is on the 10 October! This is an opportunity for us to have discussions about mental health and well-being in our workplace. These discussions could be about how to create a mentally healthy workplace culture, increasing understanding about mental health and well-being, and/or where to go for help if you need it.



World Mental Health Day 2023

**LET'S TALK ABOUT
MENTAL HEALTH**

TUESDAY, 10 OCTOBER 2023
9-10:30 AM (NY TIME)
TEAMS

SPEAKERS

- Jacqueline Brassey, Director of Research Science, McKinsey Health Institute
- Anna Eliatamby, Director, Healthy Leadership CIC
- Kedibone Letlaka Rennert, Mental Health Advisor, IMF
- Igor Garafulic, UN Resident Coordinator, Peru

[The UN System Workplace Mental Health and Well-being Strategy](#), has developed a communication toolkit to assist you in planning activities and communicating about World Mental Health Day within your organizations. They also have a Trello Board with templates that you can adapt which can be accessed here: [WMHD2023 | Trello](#).

Please save the date on October 10 at 9 a.m. ET for a system-wide event where we will hear from a diverse range of speakers focusing on different aspects of workplace mental health.
