Dear Colleagues,

The World Mental Health Day is annually held on October 10 to raise public awareness about mental health issues worldwide and to mobilize efforts in support of mental health. This year’s theme is “Mental Health in an Unequal World”.

During the month of October there will be panel discussions open to all UN staff, on what you can do to look after your own mental health.

FICSA strongly encourages you to share the calendar and links below with all staff in your organization with a view to raising awareness and understanding about the important topic of mental health in the UN workplace.

UN Mental Health strategy website
World Mental Health Day 2021: Toolkit for UN Organizations (pdf)
WHO page on Mental Health and Resources
UN HR Portal on Physical and Mental Health
Mental Health for the World’s Children by UNICEF

Click on this link to access the session: World Mental Health Week calendar

Use the hashtag #WorldMentalHealthDay to share your posts on this topic!
WORLD MENTAL HEALTH MONTH

PANEL DISCUSSIONS 2021

5 OCT
Supporting Good Mental Health in the UN System
New York 9am  
Geneva 3pm  
Nairobi 4pm  
Bangkok 8pm

11 OCT
A Conversation with LGBTIQ+ Personnel with UN Globe
New York 9am  
Geneva 3pm  
Nairobi 4pm  
Bangkok 8pm

20 OCT
Mental Health and Racial Discrimination with the Anti-Racism Task Force
New York 9am  
Geneva 3pm  
Nairobi 4pm  
Bangkok 8pm

27 OCT
Support Personnel with a Mental Health Condition
New York 9am  
Geneva 3pm  
Nairobi 4pm  
Bangkok 8pm

TAKE ACTION FOR THE MENTAL HEALTH AND WELLBEING OF ALL UN PERSONNEL

@un4mentalhealth