About mental illness
Chartered as a condition that influences an individual’s thoughts, feelings or mood, mental illness is more common than people may think. Globally, about 300 million people are affected by depression and around 60 million people live with bipolar affective disorder. Many face stigma and discrimination because of their illness.

Addressing stigma
Stigma can make the challenges of mental illness more difficult. People may have incorrect notions about a person with mental illness. This can make it harder for a person who has mental illness to make friends, maintain work, and find a place to live. They may also feel ashamed and isolated. This fear of stigma can deter people from seeking treatment.

World Mental Health Day
Observed on October 10th every year, the goal of World Mental Health Day is to get as many people as possible around the world talking about mental health. By joining together on one day, the hope is to break the silence that often surrounds mental health issues, and show that talking about this once-taboo issue doesn’t need to be hard. Doing so will help lighten the burden of mental illness for the millions who suffer from it.

Let’s talk about suicide prevention
A tragic and growing problem, death by suicide affects people from all walks of life. Sadly, people don’t want to talk about it — or they may not know how to talk about it. Often, people who are contemplating suicide are too ashamed or embarrassed to reach out for help. And their loved ones may not know how to help or what to say.

World Mental Health Day 2019:
Focus on suicide prevention

Get the facts: Here’s the latest information on death by suicide

2ND LEADING CAUSE OF DEATH among people ages 15-29
800,000 DEATHS every year 1 death every 40 seconds
79% of these deaths occur in low- and middle-income countries
55% more deaths this way than from war and homicide, combined

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World Mental Health Day
October 10th, 2019

• World Mental Health Day is observed on October 10th every year.
• The objective is to raise awareness of mental health issues.
• Did you know that helpful resources, articles and information on suicide prevention are available on Live and Work Well?
Live and Work Well
With a range of resources including relevant information and articles written by leading experts on suicide prevention, Live and Work Well offers help in difficult times.

Need more support?
Call your Employee Assistance Program (EAP), available 24/7. If you or someone you know is thinking about suicide, get help right away. Contact your local emergency services.

To learn more about World Mental Health Day, visit https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention

Sources: