

# World Mental Health Day

It's time to sprinkle some extra sparkle on World Mental Health Day to help raise awareness, by having a natter with tea and cake! ✨🍰

Every year we celebrate World Mental Health Day on 10th October. The theme for 2023, set by the World Foundation of Mental Health, is... 'Mental health is a universal human right'.

## **Why?**

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

## **What?**

Come together with friends, families or colleagues this World Mental Health Day, by holding a Tea & Talk!

Here at Mellors Support Office, we will be holding a Tea & Talk in our main kitchen which will be FREE all day for anyone to make a brew and a friendly chat. A suggested topic could be 'how you encourage positive mental wellbeing'.

There will also be a Cake Anagram quiz available for anyone wanting to take part (download below).

## **How Can I Get Involved?**

We encourage everyone to take part in World Mental Health Day by holding your own Tea & Talk in your units throughout the day, by having a go at the quiz and by wearing something GREEN!

Or why not bake something green for the children to promote World Mental Health Day!  
Mmmmm..... Delicious!

We will be sharing some top tips about protecting your mental health and wellbeing, so keep your eyes peeled!

Anyone who will be visiting the Mellors Support Office on Tuesday 10th October, don't forget your GREENS!

... And remember, not all superheroes wear capes... some wear APRONS!

# TEA & TALK

**Have a natter.  
Change lives.**



**Visit**  
[mentalhealth.org.uk/tea-talk](http://mentalhealth.org.uk/tea-talk)  
**Call 020 7803 1123**

**Good mental health for all.**



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