

## **Mental Health Day 2023 – 10 October 2023**

#WMHD2023 #WorldMentalHealthDay2023

<https://www.startaconversation.co.uk/>

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

Through our #StartAConversation campaign we would like residents and communities across Leicester, Leicestershire, and Rutland to be more aware of mental health and how you can make small changes every day, like talking, to improve your mental well-being.

### **Social media posts examples:**

Message	Channel
<p>Today is #WorldMentalHealthDay</p> <p>We all have mental health and as we go through life it can change depending on what's going on.</p> <p>It is important to remember that you are never alone, starting a conversation with someone may be your first step in getting the support you need 🧡</p> <p>Advice and support are out there – visit our Start a Conversation website today and find out how you can get the right support for you.</p> <p>For info, guidance, and support for you or a loved one visit <a href="https://www.startaconversation.co.uk/">➡️ <u>www.startaconversation.co.uk/</u></a></p>	Facebook LinkedIn Nextdoor
<p>Today is #WorldMentalHealthDay</p> <p>We all have mental health and as we go through life it can change depending on what's going on 🧡</p> <p>Help is out there, visit our #StartAConversation website to find out how you can get the right support <a href="https://www.startaconversation.co.uk/">➡️ <u>www.startaconversation.co.uk/</u></a></p>	Twitter (AKA. X)
<p>Most of us understand the benefits of looking after our physical health, however it can be easier to forget about mental health 🧠</p> <p>Setting time and effort aside to look after our mental health is important now and for the future. Why not take the time today to do something to help your own, or someone's you love.</p> <p>For info on how to build your mental resilience this #MentalHealthDay visit <a href="https://www.startaconversation.co.uk/mental-health-resilience">➡️ <u>www.startaconversation.co.uk/mental-health-resilience</u></a></p>	Facebook LinkedIn Nextdoor
<p>Setting time and effort aside to look after our mental health 🧠 is important now and for the future. Why not take the time today to do something to help your own, or someone's you love.</p>	Twitter (AKA. X)

<p>For info on how to build your mental resilience this #MentalHealthDay visit <a href="https://www.startaconversation.co.uk/mental-health-resilience">→</a>  <a href="https://www.startaconversation.co.uk/mental-health-resilience">www.startaconversation.co.uk/mental-health-resilience</a></p>	
<p>This world mental health day step up for someone you know and start a conversation about how they are feeling 🧑🏽🧑🏼</p> <p>Help us to make conversations about mental health normal so that everyone has the right to talk and get the help they need.</p> <p>For tips on starting a conversation visit <a href="https://www.startaconversation.co.uk/sac-resources">→</a>  <a href="https://www.startaconversation.co.uk/sac-resources">www.startaconversation.co.uk/sac-resources</a></p>	<p>Facebook  LinkedIn  Nextdoor</p>
<p>This world mental health day step up for someone you know and start a conversation about how they are feeling 🧑🏽🧑🏼</p> <p>Help make conversations about mental health normal!</p> <p>For conversation tips visit <a href="https://www.startaconversation.co.uk/sac-resources">→</a>  <a href="https://www.startaconversation.co.uk/sac-resources">www.startaconversation.co.uk/sac-resources</a></p>	<p>Twitter (AKA. X)</p>

Graphics:



