

# World Mental Health Day Facts Worksheet

## Facts about World Mental Health Day

- World Mental Health Day is celebrated on 10th October every year.
- It started in 1992.
- It was launched by the World Federation for Mental Health.
- The organizations associated with it are the World Health Organization, United for Global Mental Health, and the World Federation for Mental Health.
- It is celebrated to raise awareness of mental health issues among people
- Different campaigns, conferences, and events are held around the world on this day on a particular theme regarding mental health.

## Themes of the World Mental Health Day each year

- 1994 Improving the Quality of Mental Health Services throughout the World
- 1995 different programs, events, conferences, community works all around the world promoting mental health
- 1996 Women and Mental Health
- 1997 Children and Mental Health
- 1998 Mental Health and Human Rights
- 1999 Mental Health and Ageing
- 2000-2001 Mental Health and Work
- 2002 The Effects of Trauma and Violence on Children & Adolescents
- 2003 Emotional and Behavioural Disorders of Children & Adolescents
- 2004 The Relationship Between Physical & Mental Health: co-occurring disorders
- 2005 Mental and Physical Health Across the LifeSpan
- 2006 Building Awareness – Reducing Risk: Mental Illness & Suicide
- 2007 Mental Health in A Changing World: The Impact of Culture and Diversity
- 2008 Scaling up Services through Citizen Advocacy and Action
- 2009 Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health
- 2010 Mental Health and Chronic Physical Illnesses
- 2011 The Great Push: Investing in Mental Health
- 2012 Depression: A Global Crisis
- 2013 Mental Health and Older Adults
- 2014 Living with Schizophrenia
- 2015 Dignity in Mental Health
- 2016 Psychological and Mental Health First Aid
- 2017 Mental Health in the Workplace
- 2018 Young People and Mental Health in a Changing World
- 2019 Mental Health Promotion and Suicide Prevention
- 2020 Increased Investment in Mental Health

