# World MENTAL HEALTH Day

## OCTOBER 10, 2025

## What Is it?

World Mental Health Day aims to spread awareness about mental health and the importance of looking after it! The day is a chance for everybody to talk about mental health and emphasize how important it is to reach out if you're struggling. The day was first celebrated in 1992 at the initiative of the World Federation for Mental Health, an organization that advocates mental health education worldwide!

## Why Is it important?

**1 in 5** U.S. adults experience mental illness each year.

**1 in 20** U.S. adults experience serious mental illness each year.

**1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year.

**50%** of all lifetime mental illness begins by age 14, and 75% by age 24.

Suicide is the **2nd leading** cause of death among people aged 10-14.

Source: National Alliance of Mental Illness (NAMI)

## CALL TO ACTION!

In recognition of World Mental Health Day, we encourage everyone to wear **GREEN** *on October 10, 2025.* Together we can **raise awareness and reduce the stigma!**

## How to Help?

### Mental Well-being in the Classroom

- Start the day with a mindful minute
- Take a break
- Get moving
- Connect with nature
- Check in with each other

## Ideas for Administrators

- Affirm the school's ongoing dedication to supporting staff wellbeing.
- Establish a dedicated mental health resource center for staff.
- Offer training and support for department heads and supervisors on mental health best practices.
- Organize workshops to raise awareness about mental health and well-being.
- Encourage self-care through accessible resources, initiatives, and incentive programs.

## Resources

- Well-Being Ideas for Schools
- 9 World Mental Health Day Teaching Resources
- 10 Ways to Take Action This World Mental Health Day
- 20 Well-Being Tips for World Mental Health Day

DEPARTMENT OF
MENTAL HEALTH SERVICES