World Mental Health Day
October 10th, 2021

✤✤ Health Partners Health Update

World Mental Health Day 2021 is celebrated on October 10 this year.

**The theme is "mental health in an unequal world".**

The COVID-19 pandemic has highlighted inequalities due to race and ethnicity, sexual orientation and gender identity and the lack of respect for human rights in many countries, including for people living with mental health conditions. Such inequalities have an impact on people's mental health.

The theme of "mental health in an unequal world" highlights that:

- Access to mental health services remains unequal, with between 75% to 95% of people with mental disorders in low- and middle-income countries unable to access mental health services at all and access in high income countries is not much better
- There is a lack of investment in mental health disproportionate to the overall health budget, which contributes to the mental health treatment gap.

Thus, many people with a mental illness do not receive the treatment that they are entitled to and deserve. They, with their families and carers continue to experience stigma and discrimination.
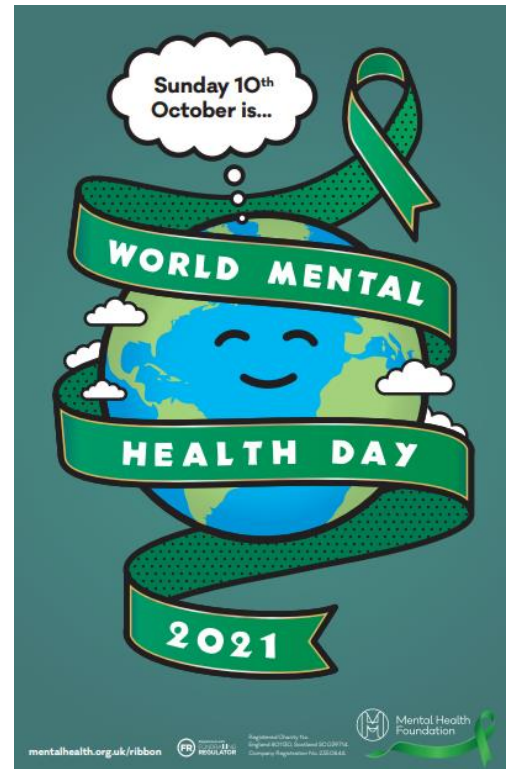
This **stigma and discrimination** not only affects that person's physical and mental health, but it also affects their educational opportunities, current and future earning and job prospects. It also affects their families and loved ones. We all have a role to play to address these inequalities and ensure people with mental health issues are included and integrated in all aspects of life.

The **COVID-19 pandemic** has had a huge impact on people's mental health. Some people, including health and other frontline workers, students, people living alone and those with pre-existing mental health conditions, have been particularly affected. And with the increased disruption in the NHS due to the numbers of people suffering from COVID-19, services for mental, neurological and substance misuse disorders have been significantly disrupted.

The pandemic has, and will continue to affect, people, of all ages, in many ways:

- Through infection and illness, sometimes resulting in death bringing bereavement to surviving family members
- Through the economic impact, with job losses and continued job insecurity
- Through the physical distancing that can lead to social isolation.

For more information, contact Health Partners on 01273 023131 or see www.healthpartners.uk.com

Tips for taking care of you:

- Talk about your feelings: talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

- Eat well: your brain needs a range of nutrients to stay healthy and function well, just like the other organs in your body. A diet that is good for your physical health is also good for your mental health.

- Drink sensibly: some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

- Keep active: regular exercise can boost your self-esteem and can help you concentrate, sleep and feel better. Exercise keeps the brain and your other vital organs healthy. It is also a significant benefit towards improving your mental health.

- Keep in touch: the pandemic has meant we can't always catch up with people face to face. Why not give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

- Ask for help: we all get tired sometimes or overwhelmed by how we feel or when things don't go our way. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. You can also contact your EAP if you have one or the Samaritans on 116 123.

- Take a break: a change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work or a weekend exploring somewhere new. A few minutes can be enough to reduce stress levels.

- Do something you're good at: What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Doing an activity you enjoy probably means you're good at it. Achieving something boosts your self-esteem.

- Accept who you are: It's much healthier for you to accept you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

- Care for others: caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

Sources:

https://wfmh.global/2021-world-mental-health-global-awareness-campaign-world-mental-health-day-theme/#:~:text=This%20theme%2C%20chosen%20for%202021%2C%20will%20highlight%20that,in%20high%20income%20countries%20is%20not%20much%20better.
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