



COMMUNICATIONS

WORLD MENTAL HEALTH MONTH OCTOBER 2021

51/21**Geneva
5 October 2021**

To: All members

From: Tanya Quinn-Maguire – FICSA President

Dear Colleagues,

The World Mental Health Day is annually held on October 10 to raise public awareness about mental health issues worldwide and to mobilize efforts in support of mental health. This year's theme is **“Mental Health in an Unequal World”**.

During the month of October there will be panel discussions open to all UN staff, on what you can do to look after your own mental health.

FICSA strongly encourages you to share the calendar and links below with all staff in your organization with a view to raising awareness and understanding about the important topic of mental health in the UN workplace.

[UN Mental Health strategy website](#)

[World Mental Health Day 2021: Toolkit for UN Organizations \(pdf\)](#)

[WHO page on Mental Health and Resources](#)

[UN HR Portal on Physical and Mental Health](#)

[Mental Health for the World's Children by UNICEF](#)

Click on this link to access the session: [World Mental Health Week calendar](#)

Use the hashtag #WorldMentalHealthDay to share your posts on this topic!





WORLD MENTAL HEALTH MONTH

PANEL DISCUSSIONS

2021

**5
OCT**

New York 9am
Geneva 3pm
Nairobi 4pm
Bangkok 8pm

Supporting Good Mental Health in the UN System

[EVENT LINK](#)

**11
OCT**

New York 9am
Geneva 3pm
Nairobi 4pm
Bangkok 8pm

A Conversation with LGBTIQ+ Personnel with UN Globe

[EVENT LINK](#)

**20
OCT**

New York 9am
Geneva 3pm
Nairobi 4pm
Bangkok 8pm

Mental Health and Racial Discrimination with the Anti-Racism Task Force

[EVENT LINK](#)

**27
OCT**

New York 9am
Geneva 3pm
Nairobi 4pm
Bangkok 8pm

Support Personnel with a Mental Health Condition

[EVENT LINK](#)

TAKE ACTION FOR THE MENTAL
HEALTH AND WELLBEING OF ALL
UN PERSONNEL



@un4mentalhealth