
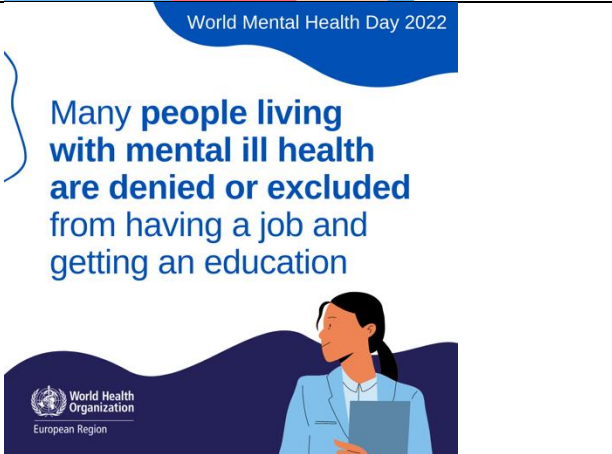



.Social Media Posts – World Mental Health Day 2022

Theme: “Make Mental Health & Well-being for all a global priority”

Subtheme: “No walls”: Let’s end mental health-related discrimination and stigmatization

Hashtags: #NoWalls, #WorldMentalHealthDay, #mentalhealth

<p>Making #mentalhealth & well-being a global priority for all involves directly addressing the stereotypes about MH conditions and how they affect people.</p> <p>This #WorldMentalHealthDay let’s commit to talking about #mentalhealth and educating each other.</p>	 <p>World Mental Health Day 2022</p> <p>Normalize talking about mental health</p> <p>World Health Organization European Region</p> <p>Illustration of two women in hijabs talking.</p>
<p>Having a #mentalhealth condition can make it difficult to participate fully in life because of stigma.</p> <p>This #WorldMentalHealthDay, let’s commit to ensure there are #NoWalls stopping people from earning an income, having an education and accessing quality health care.</p>	 <p>World Mental Health Day 2022</p> <p>Many people living with mental ill health are denied or excluded from having a job and getting an education</p> <p>World Health Organization European Region</p> <p>Illustration of a woman in a white lab coat holding a clipboard.</p>
<p>Everyone has the right to good #mentalhealth & well-being.</p> <p>But mental health-related stigma and discrimination are invisible walls that make it harder for people to access this and many other rights.</p> <p>#NoWalls</p>	 <p>World Mental Health Day 2022</p> <p>#NoWalls</p> <p>Let's end mental health-related discrimination and stigmatization</p> <p>World Health Organization European Region</p> <p>Illustration of a healthcare worker in blue scrubs talking to an elderly woman.</p>

Ending #mentalhealth-related stigma & discrimination means ensuring that people living with MH conditions can make decisions about issues that affect them.

Leaders:

- ✓ involve them in policymaking
- ✓ push for community-based MH care
- ✓ invest in MH services

#WorldMentalHealthDay

World Mental Health Day 2022

Involving people living with mental health conditions in decision making reduces stigma and increases their well-being



Mental ill health is the result of a complex interaction of social, biological & psychological factors

That means #EveryoneEverywhere can experience mental health challenges at any point in their life!

#mentalhealth is everyone's business

#WorldMentalHealthDay

World Mental Health Day 2022

Everyone can experience mental ill health at any point in their life



#mentalhealth-related stigma & discrimination can be embedded in organizations & even laws, and it contributes to the underfunding of MH services.

All of us – friends, family, employers and leaders – have a part to play in ending MH-related stigma and discrimination.

World Mental Health Day 2022

Breaking down the walls of stigma and discrimination requires everybody's help



Improving knowledge of mental health conditions and understanding of the importance of #mentalhealth and well-being is critical to breaking down walls of stigma and discrimination.

#NoWalls

World Mental Health Day 2022

Listen to people living with mental health conditions



#DYK: Only 1 in 4 people with a severe #mentalhealth condition like psychosis are served by mental health systems in Europe.

Many people with a #mentalhealth condition suffer in silence because they fear being discriminated against.

World Mental Health Day 2022

Many people suffer in silence rather than risk being ostracized for seeking help for their mental health complaints



No one experiencing mental health challenges should be alone!

Call the helpline XXXX if you want to talk about your own #mentalhealth or the well-being of someone you care about and if you want to find out more about the MH services close to you.

World Mental Health Day 2022

You are not alone
Call the helpline xxxxx if you need to talk



No one experiencing mental health challenges should be alone!

<https://findahelpline.com/> lists all available helplines in your country and can be accessed discretely where necessary!

#WorldMentalHealthDay

World Mental Health Day 2022

Need a help line in
your country?

findahelpline.com

 World Health
Organization
European Region

