World Mental Health Day
2022

Many **people living with mental ill health are denied or excluded** from having a job and getting an education

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#NoWalls

Let’s end mental health-related discrimination and stigmatization

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

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Normalize talking about mental health

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

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

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Listen to people living with mental health conditions

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

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Negative views and discriminatory behaviors can come from anyone – family, friends, employers, including health care professionals

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You are not alone

Call the helpline xxxxx
if you need to talk

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Need a help line in your country?

findahelpline.com

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