World Mental Health Day 2023

Client Newsletter October 2023

World Mental Health Day is on October 10th every year. The day has been created to help spread more awareness and reduce the stigma surrounding mental health matters.

While progress has been made over the years, there are still many harmful stigmas surrounding mental health. This awareness day, which is recognised by The World Health Organisation, aims to help create an open forum for discussions about what we can do to ensure mental health issues are taken as seriously as physical health issues.

When Did World Mental Health Awareness Day Begin?

World Mental Health Awareness Day began in 1992 as part of an initiative that the World Federation for Mental Health put in place. The idea was first conceived by the organisation's Deputy Secretary General, Richard Hunter.

Over the last 31 years, this day has grown into a worldwide effort to collectively highlight mental health matters and unite us all in helping to support people with mental health issues.

What Causes Poor Mental Health?

There's no one specific cause for mental health issues developing. For most people, a wide range of factors will play a part in affecting their mental health at work and in life, but this will vary depending on each specific individual.

Below are some of the potential things that may lead to poor mental health.

- Loneliness and social isolation
- Poor housing/living conditions
- Poverty, debt, and other financial problems
- Domestic violence and domestic abuse
- Being the victim of a traumatic crime
- Head injuries or neurological conditions
- Drug or alcohol abuse
- Bigotry and discrimination
- Childhood trauma and abuse
- Long-term stress
- Bereavement

Spotting the Signs of Mental Health Struggles

Being able to spot the early signs of mental health issues, whether for loved ones or yourself, can play an important role in helping to prevent them becoming worse. Some signs of a potential mental health issue developing are listed below:

- Fluctuating low to high moods
- Constant fear, worry, and anxiety
- Sleeping too little/too much
- Significant changes in appetite
- A constant irritability
- A constant feeling of hopelessness

How Can I Help Raise Awareness and Do my Part?

Doing your part for World Mental Health Day 2023 doesn't have to involve making a huge gesture. Like many things in life, it's sometimes the smaller things that are important.

Never forget that if you're checking in on loved ones, being brave enough to speak honestly about your own mental health, and helping to make these discussions happen, then you're already playing a pivotal role.

World Mental Health Day: Final Thoughts

For World Mental Health Day, never forget to support others but to also prioritise your own wellbeing too. Health Assured's Assistance Programmes offer support, advice, and guidance on a wide range of mental health matters. If you, or someone you know, are ever struggling with mental health issues, our qualified counsellors are ready to listen to you, 24/7.

Black History Month 2023

Client Newsletter
October 2023

Black History Month runs from October 1st to October 31st and aims to help raise awareness and inspire conversations. It's a nationwide awareness day that celebrates the inspirational individuals of colour who have strived for equality in the past and those who continue to do so now.

What is Black History Month?

Black History Month is an opportunity for individuals and institutions alike to make sure that we understand the past in order to help provide a more inclusive and diverse future.

It's a chance for people to talk openly about black leaders, humanitarians, artists, creatives, and thought leaders who are continuing to break new ground. And for people who aren't black but want to help during this awareness month, it's also a chance to listen and learn.

Why do we Celebrate Black History Month?

In the UK, the contribution of people from African and Caribbean backgrounds throughout art, culture, and history has been integral to forming Britain as we know it. Unfortunately, those contributions can be often dismissed or completely ignored.

Generally speaking, schools may teach a history that focuses on

white leaders and their roles throughout the centuries. Black History Month allows us all to praise and share awareness about the black contributions to our diverse country and beyond.

How Can I Help to Raise Awareness?

There's no wrong way to do your part in celebrating Black History Month. Whether it's discussing the month with your friends, actively looking to support black artists, or simply sharing information actress your social media channels (this year's hashtag is #WEMATTER), what matters most is that you're getting involved.

If you're eager to do more than sharing on social media, consider donating to a mental health charity like Black Minds Matter UK, or learn more about the goals of Black History Month through their official magazine.

Don't be afraid to ask questions about what others are planning to do during this month too. It should never be the responsibility of the black community to push these conversations forward alone, and we all have duty to keep these things at the forefront of people's minds.

Black History Month: Final Thoughts

While no one should ever overlook the harsh realities of racism and bigotry in the UK, Black History Month is also about overcoming obstacles, achievements, and reminding the nation about the contribution the black community have made to our history and culture.

By recognising those who are

marginalised, and discussing how each of us can help to keep these conversations going, we all play a part in helping to prevent the ignorance and mistakes of the past from repeating themselves, and instead, look to cultivate true equality for all.

While the US has always celebrated this month in February, the UK continues to keep it in October. The 2023 theme for Black History Month is 'Celebrating our sisters, saluting our sisters, and matriarchs of the movements', which looks to shine a light on the black women who have helped to lead and shape black history, art, and community relations.