



### WSS WORLD MENTAL HEALTH DAY, 10/10/2023

To celebrate World Mental Health Day, 2023, WSS students across the sections spread awareness of the theme ‘**Mental health is a universal human right**’ by discussing different mental health concerns, poster-making on tips leading to a healthy lifestyle & activities promoting positive mental health. The objective of the day was to raise awareness of mental health issues around the world and to unite our efforts in support of mental health. These activities encourage our students to raise awareness and promote mental well-being within the school, addressing a concern that affects countless individuals in their lives.

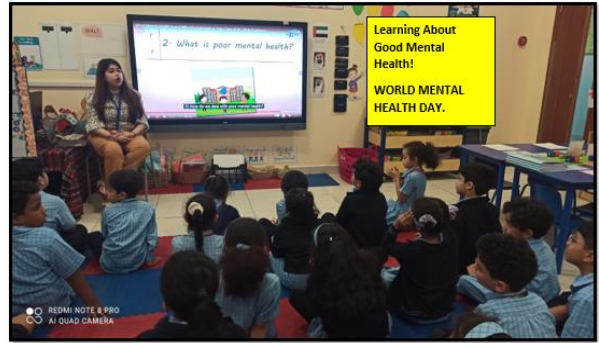


**Awareness Board in Reception**



**Mental Health Day Activities**





## Key messages to students

Good mental health is an integral part of our overall health and wellbeing. We all have the right to live independently and be included in the community & mental health support is a universal human right. Untreated mental health conditions are a significant threat to the wellbeing of young people. We must challenge the stigma and discrimination surrounding mental health. Recognizing mental health as a universal right empowers people to stand up for their rights and for those around them. Every person's mind is wonderful, complex and different, but our rights are the same.