

# WORLD MENTAL HEALTH DAY

Thank you to all who supported us today! We were proud to be part of the World Mental Health Day (10th October) event. This day is a global day of awareness and support for mental health. We have provided a range of resources including a video, a poster, and Freephone confidential helplines for BUPA and the EIC; the aim being to make someone smile and get people talking to each other - a kind word goes a long way!

## World Mental Health Day



10th October 2019