

World Mental Health Day

Sunday 10 October 2021



World Mental Health Day takes place on 10 October and for 2021 the highlight is on "**Mental Health in an Unequal World**".

People from lower income families and those in ethnic minority communities are more likely than most to develop a mental health problem but are less likely to get support.

This year for World Mental Health Day you are being encouraged to start a conversation about mental health inequality. To support these discussions and to highlight the extent of these issues, Mind UK has produced a booklet [About Mental Health Inequality](#) detailing some of the most damning of statistics. These statistics are just a small part of the picture but they show that we must keep trying to ensure everyone can get the support they need.

Mental Health Supports

The Council's [Mental Wellbeing](#) contained in the Four Pillars of Wellbeing toolkit includes information on the internal and external supports available to support staff who are experiencing mental health issues. This webpage also includes access to the Council's EAP services and the Access to Work Mental Health Support Services available through Able Futures. In addition, there are a number of self-help booklets, toolkits and apps to support staff in achieving mental health wellbeing. Staff experiencing poor mental health are encouraged to access this webpage or speak to their line manager who can help support.

Below are a list of some mental health recourses and support for specific groups of society

- [**Racism and Mental Health**](#)[**\(Opens in a new window\)**](#)[**\(Opens in a new window\)**](#) - Mind UK has developed a resource for individuals whose mental health is affected by racism including a list of organisations that can support.
- [**LGBTQ Mental Health**](#)[**\(Opens in a new window\)**](#)[**\(Opens in a new window\)**](#) - Mind Out is a mental health service run by and for lesbians, gay, bisexual, Trans and queer people providing services and support for all even those who may not identify under the LGBTQ umbrella.
- [**Woman's Trust**](#)[**\(Opens in a new window\)**](#)[**\(Opens in a new window\)**](#) - Woman's Trust is a specialist mental health charity, providing free counselling and therapy for women who have experienced domestic abuse, the leading cause of depression amongst UK women.
- [**Men's Mental Health**](#)[**\(Opens in a new window\)**](#)[**\(Opens in a new window\)**](#) - Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK.
- [**Money & Mental Health**](#)[**\(Opens in a new window\)**](#)[**\(Opens in a new window\)**](#) - Mind UK has developed a resource for individuals suffering from poor mental health either from money matters or as a result of developing mental health issues.