

The time to #MoveForMentalHealth is now!

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Each year, World Mental Health Day is observed on 10 October, aiming to raise awareness, sensitivity and action for mental health conditions. This year's theme is #MoveForMentalHealth – Let's Invest. It calls for better access to treatment and for every person's right to good mental health along with physical health.

The campaign invites you to join the 24-hour virtual [March for Mental Health](#) [1]. Using social media filters that are activated by moving, you will be able to put yourself in the middle of a virtual march as it progresses around the world. A 24-hour livestream of content from experts and individuals with first hand experiences has been designed to illustrate the reality of mental health, increase awareness, break down stigma and help to bring about policy change. More information on how you can get involved can be found [here](#) [1].

According to a [new World Health Organization \(WHO\) survey](#) [2], “the COVID-19 pandemic has disrupted or halted critical mental health services in 93% of countries worldwide while the demand for mental health is increasing. The survey of 130 countries provides the first global data showing the devastating impact of COVID-19 on access to mental health services and underscores the urgent need for increased funding.”

WHO highlighted that “those who do invest in mental health will reap rewards. Pre-COVID-19 estimates reveal that nearly US\$1 trillion in economic productivity is lost annually from depression and anxiety alone. However, studies show that every US\$1 spent on evidence-based care for depression and anxiety returns US\$5”.

Mental health conditions like depression, anxiety, bipolar disorder, schizophrenia, and substance abuse affect about one billion people across the world, are the biggest cause of disabilities worldwide. Yet, mental health services – like those of other NCDs – are severely under-funded and under-resourced in many countries on every continent. Less than 2% of national health budgets globally are spent on mental health, dropping to less than 1% in many low and lower middle-income countries! On World Mental Health Day encourage your government to scale up mental health care now and act on NCDs.

More resources on the campaign can also be found at [United for Global Mental Health](#) [3].

Saturday 10 October - #MoveForMentalHealth for #WorldMentalHealthDay

Post Date: Monday, 5 October, 2020

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Links

Teaser Image:

[1] <http://unitedgmh.org/move-mental-health>

[2] <https://www.who.int/publications/i/item/978924012455>

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