

World Mental Health Day

World Mental Health Day will be on 10 October this year. The goal is to help raise mental health awareness and how each of us can make a contribution to ensure that people dealing with mental health problems can live better lives with dignity. For details of general activities, see [here](#).

In support, a Suicide Prevention Awareness session is being run by the City Corporation's Public Health Team, the Samaritans and City of London Police on 9 October (0900-1100). The session is aimed at people working in HR, Facilities or Security in the Square Mile but it is are open to all although spaces are limited to 20 and are reserved on a first-come, first-served basis. To find out more, visit the Eventbrite page [here](#).

See also Resilience First's guide to Emotional Resilience [here](#).