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## **PRESS RELEASE FOR LOCAL MEDIA**

**To:** Local News Media

**From:** Central Michigan District Health Department

**RE:** World Mental Health Day – October 10

**Release Date:** October 2, 2023

### **World Mental Health Day is October 10, 2023**

#### **“Mental Health is a Universal Human Right”**

Central Michigan District Health Department (CMDHD) would like to recognize World Mental Health Day on October 10, 2023. The theme of this year’s worldwide spotlight on behavioral health issues is “Mental Health is a Universal Right.” Making a bold statement about taking mental health seriously for all people and of all nations is at the heart of this year’s cry. The birth of recognizing a more emotional and cognitive side of health can be traced back at least 75 years. By 1966, an official statement by the International Covenant on Economic, Social, and Cultural Rights (ICESCR) acknowledged “the right of everyone to the enjoyment of the highest attainable standard of physical and mental health,” thus officially bringing behavioral health into focus along with physical health.

“World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme ‘Mental Health is a Universal Human Right’ to improve knowledge, raise awareness and drive actions that promote and protect everyone’s mental health as a universal human right,” offered the World Health Organization (WHO). WHO highlights the importance of mental health and the role that it plays in a person’s life, affecting their physical health, productivity in day-to-day life, and how he/she/they relate(s) to others. This creates a direct impact on livelihood, success, and life satisfaction.

Please join CMDHD and take a moment to reflect on your own mental health and wellbeing; talk about how you can look after it and how important it is to get help if you are struggling. Consider regular reflection in one or more of the areas and activities below in taking care of your whole person – the physical and the emotional:

- Spend time in nature.

**Please visit us online at [www.cmdhd.org](http://www.cmdhd.org).**

- Take time to learn about and manage your feelings.
- Seek support when needed from someone you trust.
- Be wary of using alcohol or other drugs to cope with struggles.
- Do your best to manage finances and seek help if needed to manage debt.
- Get adequate amounts of sleep.
- Practice kindness towards others even when it is difficult.
- Meet your movement needs; be active.
- Make healthy food choices.
- Be open-minded and curious and look forward to new experiences.
- Do not hesitate to seek help if you start to feel overwhelmed or out of control.

**National Suicide Prevention Lifeline can be reached at 1-800-273-8255, or text HELLO to 741741 to reach a crisis counselor. You can also dial 988 for suicide prevention and mental health crisis help or chat with someone at 988lifeline.org. For non-emergency resources, dial 211 or text your ZIP code to TXT 211 (898 211).**

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and follow us on [Facebook](#) and [Instagram](#).

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*To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the [Media Interview Request Form](#).*

References:

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