



VIDYA BHAWAN BALIKA VIDYAPITH

SHAKTI UTTAN ASHRAM, LAKHISARAI

C.C.A FOR CLASS VI C & D

(STUDY MATERIAL BASED ON N.C.E.R.T)

RAAUSHAN DEEP

DATE- 09/10/2020(FRIDAY)

World Mental Health Day (10 October) is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual awareness program to bring attention to mental illness and its major effects on peoples' lives worldwide.^[3] In some countries this day is part of an awareness week, such as Mental Health Week in Australia.

World Mental Health Day was celebrated for the first time on October 10, 1992 at the initiative of Deputy Secretary General Richard Hunter. Up until 1994, the day had no specific theme other than general promoting mental health advocacy and educating the public.

In 1994 World Mental Health Day was celebrated with a theme for the first time at the suggestion of then Secretary General Eugene Brody. The theme was “Improving the Quality of Mental Health Services throughout the World.”

World Mental Health Day is supported by WHO through raising awareness on mental health issues using its strong relationships with the Ministries of health and civil society organizations across the globe. WHO also supports with developing technical and communication material