

MENTAL HEALTH MONTH

#OctoberGreen2022

**"MAKING MENTAL HEALTH AND
WELLNESS FOR ALL A GLOBAL
PRIORITY"**



INFORMATION

Awareness Campaign

You are invited to share in your social media the hashtags:

#MentalHealthMonth
#MentalHealthMatters
#OctoberGreen22
#WorldMentalHealthDay

17 awareness-raising messages to reduce stigma and promote mental health will be shared on our social media throughout the month.



Access the messages through the IFRC's social networks.

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EVENTS

Every Thursday of October

20 minutes Interview
series with a specialists
English Edition

Thursday 6

- **Time:** 11:00 Jamaica time
- **About:** "Mental health and the Elderly"
- **Specialist:** Dr. Donovan Thomas Choose Life (International)



Thursday 13

- **Time:** 11:00 Jamaica time
- **About:** "Mental Health and anxiety"
- **Specialist:** Dr. Jason Wynter Jamaica Red Cross



Thursday 20

- **Time:** 11:00 Jamaica time
- **About:** "Mental health and Children and adolescents"
- **Specialist:** Trinidad & Tobago Red Cross



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EVENTS

Every Friday of October

20 minutes Interview series with specialists Spanish Edition

Friday 7

- **Time:** 10:00 Panama time
- **About:** "Mental health support for adults in vulnerable situations."
- **Specialist:** Dr. Gerontologist - Costa Rican Red Cross Julio Aragón



Friday 14

- **Time:** 9:00 Panama time
- **About:** "Coping with anxiety in times of crisis"
- **Specialist:** Psychologist Coordinator of the Psychologists Association of Uruguay Ana Monza



Friday 21

- **Time:** 8:00 Panama time
- **About:** "Mental Health of children and adolescents in vulnerable situations"
- **Specialist:** Dr. in Psychiatry Adrian Cillo



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EVENTS

Throughout the month



Initiative:

"Give me those 5 for Mental Health"

Throughout the month, some National Societies will be invited to make 1-minute videos in which they will provide **5 practical tips** for the general population covering:

- "5 to promote mental health in the elderly"
- "5 to promote the mental health of children and adolescents"
- "5 to cope with anxiety in times of crisis"

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EVENTS

October 26

Telethon in social media **"United for Mental Health"**

Language: Spanish

Time: 9:30 to 12:30 Panama Time

Intended for the general public

Special Guests



Dr. Adrian Cillo



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**For all the events
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