

TAKE 5 FOR YOUR MIND

World Mental Health Day - October 10th



What is World Mental Health Day & Why Does it Matter?






World Mental Health Day takes place every year on October 10th. First marked in 1992, it aims to raise *awareness*, challenge *stigma*, and *inspire action worldwide*.

In the UK - and especially in Harrow's diverse communities - it's a reminder that *mental health looks different across cultures, but support is for everyone*. It encourages us to talk openly, offer kindness, and reach out for help when needed.

This World Mental Health Day, take 5 for your mind - you matter too.



5 SELF-CARE TIPS FOR CAREGIVERS (“TAKE 5 FOR YOUR MIND”)

-  **Give yourself permission to pause:**
 Even 5 minutes with a cup of tea or a breather helps you reset.
-  **Connect with someone you trust:** Talk with a friend, neighbour, or group - sharing eases stress.
-  **Stay organised and set realistic goals:**
 Write down what's realistic today; let go of “must-do-everything.”
-  **Mind your basic physical health:** Eat, drink water, sleep, move a little, and get outside if you can.
-  **Ask for help:** Asking for help is a strength & there is support for you to access.

WHERE TO TURN FOR SUPPORT

- Samaritans – 24/7 listening support. Call 116 123
- Carers UK Helpline – Mon-Fri, 9 am–6 pm: Call 0808 808 7777
- Mind UK – Practical guidance, peer forums, and support for carers and families.

If you want to learn more about WMHD, check out our family friendly video by scanning the QR code.

