**World Mental Health**

Mental health is just as important as physical health. And they’re both equally important to your overall health and wellbeing. Yet stigma continues to keep most people with mental health concerns from seeking support. This month, let’s look at ways to stop stigma, so that more people feel safe and comfortable asking for help.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured article on why wellbeing is important**  **Article on mental health problems and stigma**  **Guide on how to talk about mental health**  **True-or-false quiz on mental health facts**  **Tips on ways to help end mental health stigma**  **Member training course ‘How to Support Mental Health Concerns with Friends and Family’**  **Manager training resources, including the podcast ‘Friends & Family Mental Health Concerns’** |

[View toolkit](https://optumwellbeing.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – connect with up-to-date content that focuses on a new topic every month |
|  | **More resources** – get access to additional resources and self-help tools |
|  | **Content Library** – ongoing access to your favourite content |
|  | **Support for everyone** – share toolkits with those you think may find the information helpful |