

Press Announcement from H&FWD

World Mental Health Day 2025 — October 10

Theme: “Access to Services – Mental Health in Catastrophes and Emergencies”

This year, we spotlight a crucial truth: in times of disaster, conflict, or health crises, mental health care is just as essential as physical aid.

Timely access to mental health support can help individuals rebuild not only their lives—but also their hope and resilience.

Let’s come together to ensure that mental health services are accessible to everyone, everywhere—even in the most difficult times.

Because every one matters.

Because no one should be left behind.

It’s OK to take help & be supported.