

World Mental Health Day

2022

**Many people living
with mental ill health
are denied or excluded
from having a job and
getting an education**



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Organization

European Region



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#NoWalls

Let's end mental health- related discrimination and stigmatization



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**Involving people living
with mental health
conditions in decision
making reduces stigma
and increases their well-
being**



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Normalize talking about mental health



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**Everyone can
experience mental
ill health at any point
in their life**



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Breaking down the walls of stigma and discrimination requires everybody's help



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Listen to people living with mental health conditions



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**Many people suffer in
silence rather than risk
being ostracized for
seeking help for their
mental health challenges**



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**Negative views and
discriminatory behaviors
can come from anyone –
family, friends, employers,
including health care
professionals**



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You are not alone
Call the helpline xxxxxx
if you need to talk



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Need a help line in
your country?

findahelpline.com



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