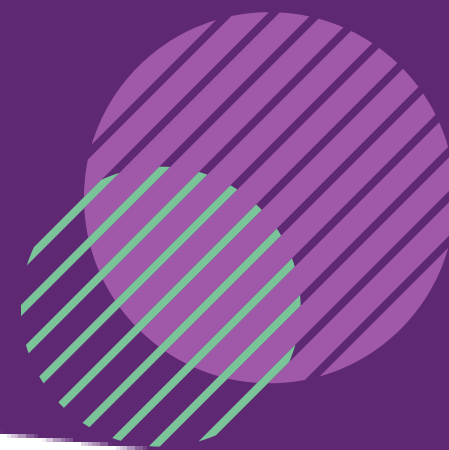


INFOGRAPHIC 6



World Mental Health Day

World Mental Health Day, observed every year on **October 10**, raises awareness about mental health issues and **fights stigma**. It reminds us that mental well-being is just as important as physical health, and that everyone deserves **access to support and care**.

Talking openly about stress, anxiety, or depression helps reduce shame and isolation. By creating **safe spaces** at school, work, and in communities, we can encourage people to **seek help early and support each other** without judgment.



Caring for mental health starts with **small daily steps**: rest, healthy routines, connection, and asking for help when needed. **World Mental Health Day** is a call to governments, institutions, and each of us to **make mental health a priority** — today and every day.



On World Mental Health Day, the EMERGE Youth project highlights its mission to address stress-related challenges by equipping both young Europeans and youth workers with practical skills for managing stress. By strengthening resilience, the project supports them in navigating difficulties, caring for their well-being, and building healthier futures.

EMERGE YOUTH

Unlocking Potential, One Breath at a Time



Co-funded by
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Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Project number: 2023-2-FR02-KA220-YOU-000175097

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