

10 October 2023

# World Mental Health Day

10 October is World Mental Health Day and this year's theme is "Mental Health is a Universal Human Right." 1 in 4 people in the UK struggle with mental health, impacting their personal and professional lives.

Mental health is not a straightforward issue. Everyone experiences a range of emotions throughout their lives, from positive emotions like happiness and love to negative emotions like sadness and anger. It is normal to feel down from time to time. However, if you experience negative emotions for a prolonged period of time or if they interfere with your daily life, it may be a sign of a mental health problem.

The mental health continuum is a model that shows how mental health can fluctuate over time. At one end of the continuum is optimal mental health, where you are feeling good and functioning well. At the other end of the continuum is serious mental illness, where you are experiencing significant symptoms that interfere with your daily life.

## **End the stigma**

Mental health is a vital part of our overall health and well-being. However, many people still feel ashamed or embarrassed to talk about mental health problems. This stigma can prevent people from seeking the help they need.

There are a number of steps we can all take to help end the stigma around mental health; talk openly, educate ourselves, challenge negative stereotypes and be supportive of people with mental health problems.

## **A trade union issue**

Mental ill health can have a significant impact on people's work – but work can also have a huge influence on someone's mental health. Low pay, poor prospects, understaffing, workload and other work related issues can add to the stresses and strains, making it hard to cope.

PCS is campaigning for better pay, better workplaces and a more positive and inclusive attitude towards mental ill health, while supporting our members who may be experiencing difficulties.

## **Know your rights**

If you are living with a mental health condition you may be entitled to support in the workplace. [Our short guide on mental health](#) explains the definition of disability as outlined in equality law, and that a person meeting that definition should receive adjustments in the workplace to help them better cope with their condition, and be protected from poor treatment due to anything connected with their mental health.