

# Mental Health News

Promoting “World Mental Health Day”

## NHS North West keeping its staff in mind

The Mental Health News e-bulletin is a daily bulletin issued by the Mental Health Improvement Programme (MHIP) containing an item relating to a Mental Health issue, development or outcome in the North West.

The aim is to bring awareness to our stakeholders about service improvement and innovative projects underway in Mental Health across the North West, and to encourage you (the reader) to act as vehicle for ensuring that you or your organisation is engaged with the work where applicable.

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This Saturday (10<sup>th</sup> October) is World Mental Health Day. The theme this year is [Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health](#).

During the course of this week *Mental Health News* will be highlighting World Mental Health Day by featuring news stories about innovative mental health practices and services from across the North West that are being promoted in conjunction with World Mental Health Day.

NHS North West is promoting World Mental Health Day on Friday 9<sup>th</sup> October with a display in the main foyer of Gateway House. NHS North West is a Mindful Employer: [www.mindfulemployer.net](http://www.mindfulemployer.net) and is holding a conference on 13<sup>th</sup> November to encourage other NHS organisations to sign up (contact [Libby.Sedgley@northwest.nhs.uk](mailto:Libby.Sedgley@northwest.nhs.uk)).

NHS North West will also be holding a Well Person seminar for its staff later this year focused on mental wellbeing (further details to follow from HR).

There will also be an opportunity for NHS North West staff to join in a Tea & Talk session on Friday 9<sup>th</sup> October on the 7<sup>th</sup> Floor of Gateway House, more details will be sent to staff this week.



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If you would like more information or have any feedback about this news story, or have suggestions for a future news story please email [INFO](#)