

## SOME TIPS ON CELEBRATING WORLD MENTAL HEALTH DAY

- Assemble your planning group immediately to allow maximum time for planning an event.
- Review the contents of this kit; begin outlining your World Mental Health Day program.
- Note that these pages are perforated for ease in their removal. They can be copied and distributed
- The proclamation page provides suggested wording for your community's commitment to mental health advocacy. Before it is given to your president, prime minister, governor or mayor for signing, it should be carefully reviewed by local administrators to determine how appropriately it reflects the needs of your citizens. You are free to modify the words to suite your situation.
- You may wish to have you proclamation printed on fine quality paper for the official signature. A local attorney can help you produce an attractive formal document.
- Consider how to involve your country's "Woman Leader" or other prominent individuals in order to draw maximum positive public attention to your World Mental Health Day event.
- Companies that have provided funding for World Mental Health Day are listed on the back cover. Identify and communicate with your local representatives of these companies. Let them know that event planning is in progress. Ask if there are ways in which they would like to participate, such as hosting a reception.
- Carefully consider any time-sensitive activities involving data gathering and/or compiling material for reports. Coordinate your deadlines so that publicity announcements can be released and published in time for World Mental Health Day.
- Begin organizing public events early enough to secure the location and the people you want for your program.
- To help publicize WMHD, put a link on your Website to [www.wfmh.com](http://www.wfmh.com) so others may find out about WMHD and its activities. Find other ways to 'spread the word'.
- After October 10, complete and return the Report Form along with newspaper clippings and other materials produced in connection with World Mental Health Day.
- After October 10, call your planning group together to review what was successful, what could have been improved, and what will be beneficial to do next year.