

IF World Mental Health Day Toolkit

October 10th, 2021



World Mental Health Day

On October 10th, the world celebrates the important topic of Mental Health. The Day provides an opportunity for individuals with SBH, their families, IF member associations, and healthcare professionals working on mental health issues to talk about this important topic.

Together we can assess needs to make mental health care a reality for people worldwide.

"The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health" – World Health Organisation

Together with the WHO, IF advocates for mental health among persons with Spina Bifida and or Hydrocephalus as well as their families. The lack of understanding of mental health needs of persons living with complex physical disabilities, such as SBH, creates a gap in the healthcare system, access to health care services, and stigmatisation.

For this reason IF goes green as it's the official colour to represent Mental Health!

Go green with us!



IF Working Groups & Mental Health

The topic of **“Mental Health”** has been the main focus for the IF Working Groups (WGs) in 2021. Several activities were organised throughout the year by the WGs in order to speak up and raise awareness.

- On June 23rd, The IF Working Group on Ageing organised the Webinar and Focus Group Discussions “Ageing with SBH”, with a focus on the topic of “Mental & physical health and ageing characteristics”.
- The IF International Youth Group conducted a survey on Mental Health and the different aspect that influence it. The aim of this survey is to gather research on the state of Mental Health of the young community both before and after the COVID-19 pandemic.

Both communities felt the need to focus on this particular subject to help their peers in a difficult situation to rely on the support that they can provide.

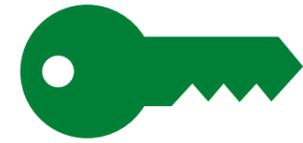
Results of both events, Focus Groups and Survey, will be presented during the IF Multidisciplinary Care Conference held on September 14th - 17th. Join the first ONLINE International Conference on Multidisciplinary Care for SBH ([here](#))

What does this toolkit contain?

- Within this toolkit, you'll find key messages, posters, hashtags, logos and banners as well as key links to download
- Come and join the challenge by sharing this toolkit with your colleagues, partners and friends!
- Participate in the "IF challenge" and send us your recorded videos or a picture to express the topic of mental health and what it means to you

Help us to spread awareness about the importance of mental health as part of integrated care for people with Spina Bifida and Hydrocephalus and their families.

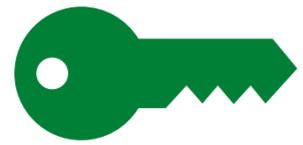




Key messages

- On October 10th, the World celebrates the #WorldMentalHealthDay. Join the movement to raise awareness and speak up about #MentalHealth in the SBH community #WorldMentalHealthDay2021 #WMHD2021 #IFSBH
- Break down the stigma accompanying #MentalHealth problems of persons with disabilities by raising your voice during the #WorldMentalHealthDay2021! #IFSBH #WMHD2021 #IFSBH
- A multidisciplinary healthcare system needs to include #MentalHealth care. Often neglected, people with disabilities feel neither heard nor understood by healthcare professionals. Not providing persons with SBH with tailored multidisciplinary care by taking into consideration both their physical and mental health needs, leads to declining overall health, including anxiety and depression. #MDC #WorldMentalHealthDay2021 #WMHD2021 #IFSBH





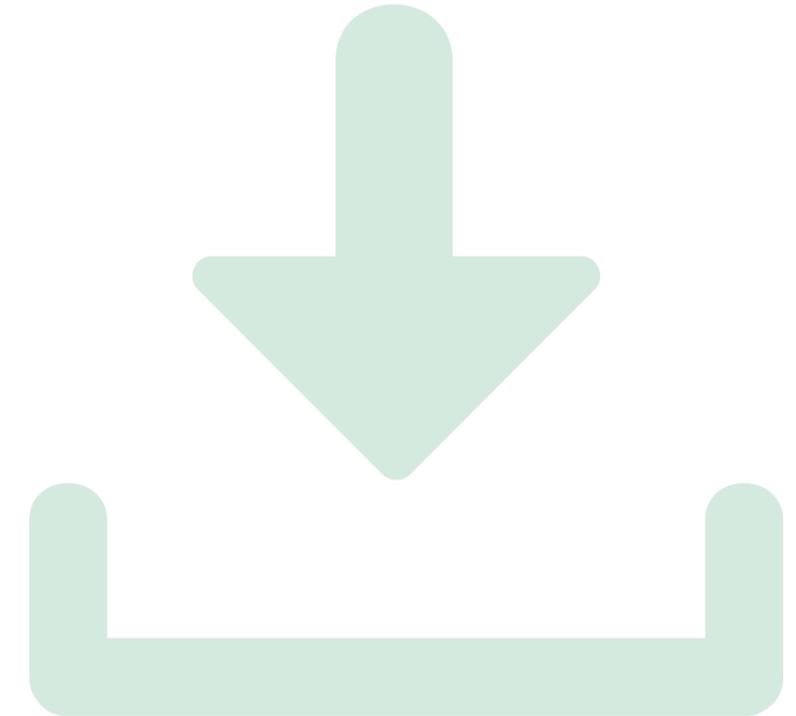
Key messages

- Positive body image & self-esteem have a protective influence on #MentalHealth of people with #spinabifida & #hydrocephalus, let's break beauty standards, stigma and speak up #WorldMentalHealthDay2021 #WMHD2021 #IFSBH
- COVID-19 impacted so many lives and with serious affects on #MentalHealth. Being isolated from the world increased anxiety and depression in the #SBHcommunity. Let's raise awareness and don't be afraid to speak about your #MentalHealth #WorldMentalHealthDay2021 #WMHD2021 #IFSBH
- "It's okay not to feel okay" spread this quote around you! Don't be afraid, speak up! #WorldMentalHealthDay2021 #WMHD2021 #IFSBH
- People with #disabilities are at risk of being blamed for being a financial burden to society, which is unacceptable and has serious affects on their #MentalHealth #WorldMentalHealthDay2021 #WMHD2021 #IFSBH #SBHcommunity

Materials to download and share



- The #WorldMentalHealthDay Poster
- The #WorldMentalHealthDay Banner
- The #WorldMentalHealthDay Save the date
- The #WorldMentalHealthDay Frame picture
- The #WorldMentalHealthDay Frame message
- The #WorldMentalHealthDay Frame picture with quotes 1 ; 2 ; 3
- Videos on #MentalHealth to watch and share



How to participate?

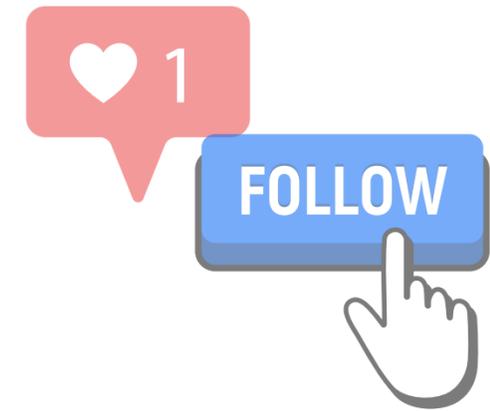
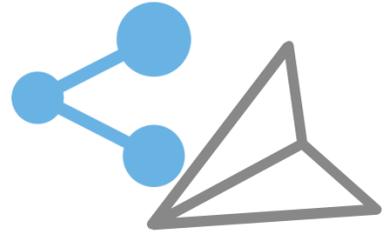
IF challenges you to send us a recorded video or send a picture where you can express yourself about Mental Health and what it means to you.

- Go **green** with us and **tagg #IFSBH @IFSBH**
- Send us a **video** in a mp4 format: duration of 2min max - **Tell us more** about **#MentalHealth**, your thoughts, your wishes or to support message for the one who will see your video
- A **picture** of you with the **IF frames** specially designed for this occasion. IF designed frames with **quotes** and **key messages** or you can use an “empty” frame to share **YOUR key messages**

IF is looking forward to seeing your materials and share it during the **#WorldMentalHealthDay2021 #WMHD2021**

Send your materials for *the 1st of October* to **info@ifglobal.org**

Tagg @IFSBH, Share & Follow



Share, use the hashtags:

#IFSBH

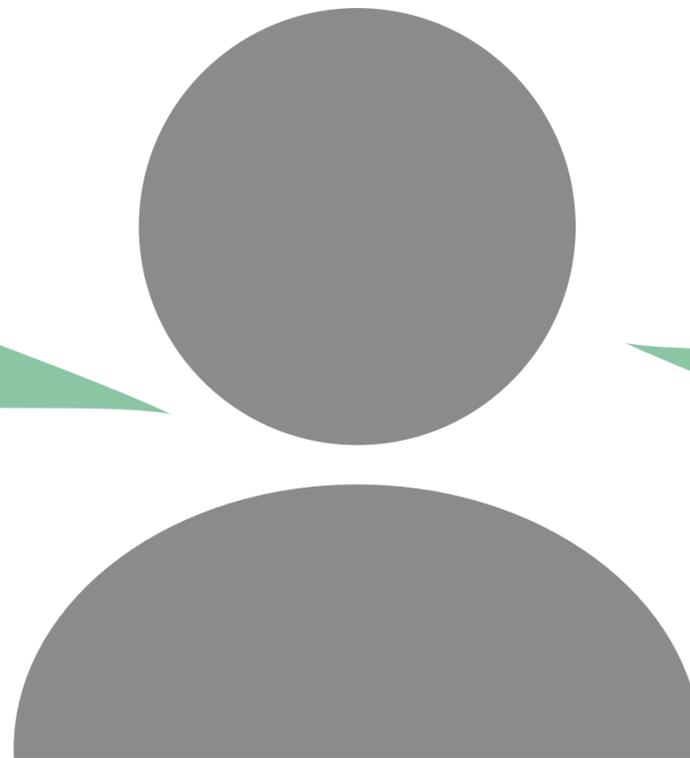
#MentalHealth

#SBHMentalHealth

#IFandMentalHealth

#WorldMentalHealthDay2021

#WMHD2021



And Follow @IFSBH



THANK YOU FOR YOUR PARTICIPATION IF TEAM

For further information please contact IF at:

✉ info@ifglobal.org

☎ +32 (0) 471 84 41 54

