

# World Mental Health Day

October 10,  
2023



Simple steps for recognizing  
depression from **LifeMatters**®



## Identify Symptoms

Feeling Sad  
or Hopeless

Loss of  
Interest in  
Activities

Insomnia  
or Excessive  
Sleep

Poor  
Concentration

## Self-Care Strategies



Eat Healthy  
Foods



Exercise 20-30  
Minutes a Day



Create a Stress  
Management  
Routine



Take Medications  
as Prescribed

## Seek Support



Spend Time with  
Loved Ones



Talk to  
a Doctor

Contact **LifeMatters**®



World Mental Health Day:  
Recognizing & Addressing  
Mental Health Issues

Tuesday, October 10, 12 p.m. EDT  
Session Password: MUCeWnQD254



Mental Health  
Around the World  
Available in October from  
OnTopic with Empathia



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