



World Mental Health Day

Lived experiences heard: Real voices, real change.

10th October 2026



**EVERYONE DESERVES
GOOD MENTAL HEALTH**

World Mental Health Day takes place every year on 10 October.

It's a reminder of the importance of good mental health and the need to prioritise and invest in good mental health.

For 2026, the theme set by the World Federation for Mental Health is in *Lived experiences heard: Real voices, real change*.

This theme focuses on ensuring that people with lived experience of mental health challenges are listened to, valued, and included in shaping services, support, and policy. The campaign highlights the importance of creating opportunities for individuals to share their experiences and for organisations to act on what they hear.



Key Messages

- Every person's mental health journey is unique and deserves to be heard.
- Listening without judgement can help reduce isolation and encourage people to seek support.
- Lived experience can drive meaningful improvements in mental health services and outcomes.
- Open conversations about mental health help challenge stigma and promote wellbeing.

Conversation Guide: Talking to someone about mental health

Starting a conversation about mental health can be difficult or feel overwhelming, but reaching out when someone is struggling can make a real difference. It shows them they're not alone and someone cares about them.

Listening to them will be a priority, as well as respecting their boundaries as to how much they wish to tell you. An open and supportive conversation will not only help them feel empowered to speak about their feelings, the situation, and potential next steps — it may also help them seek further support.

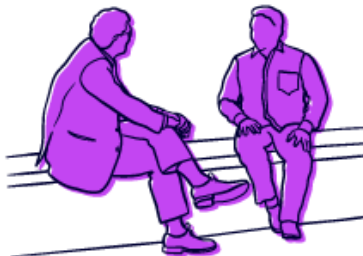
This guide will help you navigate these important conversations with confidence, compassion, and care.



Spotting the signs of poor mental health: notice the changes

Physical symptoms

- Headaches
- Muscle tension/back ache
- Tight jaw/grinding teeth
- Raised heart rate/faster breathing
- Changes in appetite
- Stomach problems
- Difficulty sleeping



Behavioural symptoms

- Avoiding and blaming others
- Eating more, eating less, or comfort eating
- Using alcohol, substances, or smoking
- Snapping at others
- Decreased performance
- Social withdrawal
- Difficulty concentrating
- Biting nails
- Worrying about the past or future
- Racing thoughts
- Panic attacks
- Problems concentrating
- Memory lapses/forgetting things
- Difficulty making decisions
- Unable to think clearly

Emotional symptoms

- Frightened
- Fearful, worried and/or anxious
- Angry and/or irritable
- Feeling overwhelmed
- Shame
- Disproportionate reactions, e.g. overreacting, underreacting
- Sadness and/or low mood
- Rapid mood changes

Dos and don'ts to having a supportive conversation

Find the right time and space

Before having the conversation, check that it is the right time and space for them. Ensure you can give the time and attention needed. Consider issues of privacy, noise, distractions, other commitments, practicalities, etc.

Actively listen without judgement

Ensure they feel able to share as much or as little as they are comfortable to — without being judged.

Ask open questions

Asking these type of questions encourages them to explore their thoughts and feelings. "I've noticed you haven't seemed yourself lately. What has been on your mind?" Try not to ask too many questions and give them time to respond.

Avoid making assumptions

You're not expected to be an expert. If you don't know what to say, remember that you don't need to find an answer, or even understand their feelings. Listening will let them know you care.

Acknowledge and validate

It might be tempting to silver-line situations to make someone feel better but it's important to acknowledge what they are saying. Saying "don't be silly, you're okay" could make them withdraw, become frustrated and angry. Instead say, "I can see this has really upset you," etc.

Avoid comparisons

Sometimes we can be tempted to draw a comparison to our own story, to show empathy. However, it could also discourage the other person from opening up. It's important the conversation is about them — so share sparingly.

Reflect back and clarify

By seeking clarity, you are showing them you are listening and want to know more. Avoid making assumptions and putting words into their mouth. Consider saying: "When you say..., do you mean...?" or "Could you tell me more about...?"

Show empathy rather than sympathy

Empathic responses show that you understand where the person is coming from, whereas sympathy often expresses pity. Rather than saying, "I'm sorry for you" say, "That must be really difficult, I'm sorry you are going through this."

Empower them to find solutions

It's important to listen first and not go straight to solutions. It's also better that next steps come from them. Ask questions that help them think of what to do next: "What do you think would help?"

Avoid advising and suggesting an easy solution

What you think might help someone may not be right for them. Suggesting easy solutions might invalidate their feelings. Try to avoid going into 'fix' mode.

Avoid diagnosing

Regardless of your observations and experiences you are not there to diagnose a mental illness. If you are concerned about them, encourage them to seek support from their GP, or they can contact NHS 111 service.

Signposting

Learn more about mental health conditions

If you want to learn more about different mental health conditions, we've got information on symptoms, treatments, and useful contacts on a variety of conditions. mentalhealth-uk.org/help-and-information/conditions



Speak to your GP

Let them know they can book a double appointment with their GP to discuss their mental health, so they don't feel rushed. They can request for a family member or friend to attend the appointment with them. nhs.uk/service-search/find-a-gp



Access the Hub of Hope

Comprehensive online directory connecting people to mental health support services in their local area across the UK. hubofhope.co.uk



Resources

Access downloadable guides, tools, and resources to support your mental health, enhance wellbeing, and build resilience, while also promoting awareness and understanding of mental health. mentalhealth-uk.org/downloadable-resources



Gavin's experience –

"On Mind's website, I saw all the stories of people sharing their experience. It made me realise that I wasn't alone."



Gavin, who lives with Borderline Personality Disorder and Post Traumatic Stress Disorder, blogs about how the Mind Infoline and working as a trustee at Derbyshire Mind have helped him turn his life around.

"If I could go back and speak to my younger self, I would advise him to reach out for support sooner"

When I was in my early teens, I was finding things tough. I found social situations difficult to manage and started drinking. I was hospitalised at 15 for the first time through alcohol poisoning. I was later diagnosed with [borderline personality disorder \(BPD\)](#) and [post-traumatic stress disorder \(PTSD\)](#).

As I got older, I started to experiment with lots of different drugs. Meanwhile my addiction to alcohol was getting worse. At one point, I couldn't even leave the house without having a drink first. I reached a point where I realised that I couldn't go on, and that's when I started to seek help.

My GP was dismissive. He was judgmental about the drinking and didn't seem to understand that I was using it as a coping mechanism.

That experience of working up the courage to reach out and it going badly wrong, it made me not want to ask for help again. I just carried on trying to get through each day using alcohol as a crutch.

I began to [self-harm](#) and overdose, and I hit rock bottom. When I thought there was no way out, I decided to try and reach out for help once more.

I phoned the [Mind Infoline](#), and the call was so positive. They talked to me without any judgment and looked through my options. We discussed going to a different GP, which I did, and started to think about cognitive behavioural therapy and different types of medication. It made me realise that the one GP I had a negative experience with was just a bad apple. Therapists, other [GPs](#) and Mind have been so helpful, and willing to listen. It's all been a much more person-centred approach.

Read more [here](#)

Information and support

When you're living with a mental health problem, or supporting someone who is, having access to the right information is vital.

[Find information and support | Mental health | Mind](#)

Where can I go for more information and support ?

QA Safeguarding Team

If you need support, advice, or guidance, please contact the QA Safeguarding Team:

Safeguarding support options

Ways to access support if you are worried for yourself or someone else:

- Call us anytime on **07552597253** or email safeguarding@qa.com
- Complete a [Safeguarding Self-Referral Form](#) if the concern relates to you.
- Complete a [Safeguarding Referral Form](#) if you are worried about someone else.
- Contact your Digital Learning Coach (DLC), tutor or account manager.



- NHS Mental Health Services www.nhs.uk/mental-health
- Mental Health UK www.mentalhealth-uk.org
- Mind Information, advice, and support for anyone experiencing mental health difficulties. www.mind.org.uk
- Samaritans Available 24 hours a day for anyone who needs someone to talk to. ☎ 116 123 (Freephone) www.samaritans.org
- Shout Free, confidential text support 24/7. 📱 Text SHOUT to 85258 www.giveusashout.org
- YoungMinds Mental health support and resources for young people. www.youngminds.org.uk
- [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)