



World Mental Health Day

A Guide to Promoting It With Your Team

Every October 10th, the world marks World Mental Health Day — a moment to talk openly about mental health and chip away at the stigma that keeps so many people quiet about it. When you promote this day with your team, you're doing more than sharing an event: you're telling every person on your team that their well-being matters, and that support is something to reach for anytime.

How Wellness Coach Supports You

We've already done the work. Wellness Coach has prepared ready-to-share flyers, messaging, and two live activities for World Mental Health Day — so promoting it with your team takes minutes.

This Year's Activities

1. Move for World Mental Health Day Challenge

A one-day challenge that turns every step into support for well-being. Your team walks to raise awareness, boost their mood, and show that movement matters.

2. Group Coaching Session

"Let's Talk: You're not alone. A live group coaching session, open to your whole team. *Share the attached flyers in your internal comms channels, newsletters, or team chats to spread the word.*

➤ [Access the flyer here](#)

➤ [Access the slide here](#)

Other Resources

Looking for more? Explore our full index of subject-matter flyers covering topics such as resilience, sleep, focus, meditation, and more.

[Access the flyer index here](#)