

10 Ways to Take Action for Mental Wellbeing

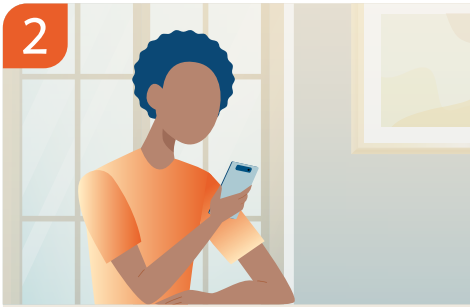
NATIONAL
COUNCIL
for Mental
Wellbeing

World Mental Health Day — Oct. 10, 2025 — is a global reminder to prioritize mental wellbeing. It's a chance to raise awareness and make an impact that lasts all year long. Here are 10 ways you can get involved now and beyond.



1 Start the Conversation:

Break the stigma by talking openly about mental health with friends, family and colleagues. A simple “How are you, really?” or “Are you OK?” can make them feel safe and open the door to honest conversations.



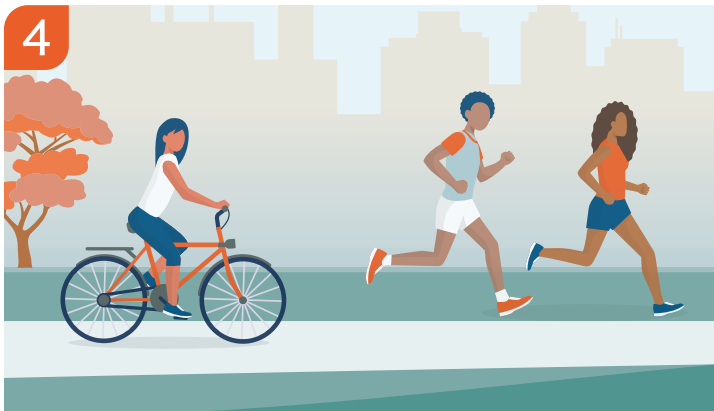
2 Share Trusted

Resources: Post helplines, mental health guides and practical tools on social media so others know where to turn for support. Visit the National Council's [resource directory](#) for additional materials.



3 Show Your Support:

Show your solidarity on Oct. 10 by wearing green, the international color for mental health awareness. Or, if you're trained in Mental Health First Aid (MHFA), visit the [MHFA Store](#) for gear that raises awareness.



4 Take a Mental Health Break:

Studies show self-care can boost happiness and support emotional health, while reducing the risk of chronic health conditions. Take some time for a walk, meditation or any activity that recharges your mind.



5 Get Involved:

Participate in webinars, workshops or community activities that promote mental wellbeing. The National Council offers a [variety of learning opportunities](#) on mental health, substance use and more.

6



Raise Your Voice: Every day, legislators make decisions that shape access to care for communities across the country. You can help by [advocating for policies](#) that support mental health and [writing to your legislators](#).

7



Check in With Someone: Reach out to a friend, neighbor or coworker who may be struggling. With MHFA training, you'll have the knowledge and skills to offer support when it's needed most. [Find a course near you!](#)

8



Donate or Volunteer: Support community organizations and nonprofits that are dedicated to expanding mental health services. You can make a gift to the National Council by [visiting our donation page](#).

9



Educate Yourself: Explore mental health topics, read inspiring stories and learn how communities get the care they need. Visit the [National Council's blog](#) to stay on top of mental health news and discover how people are making a mark.

10



Celebrate Progress: Highlight stories of resilience to show that help is available and healing is possible. If you've completed MHFA training, [share your journey on our blog](#) and across social media to inspire others and raise awareness.

World Mental Health Day is a universal call to action. By starting conversations, sharing resources and supporting those around us, we can build a future where mental wellbeing isn't just possible — it's promised.