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PRESS RELEASE

MOHW to Commemorate World Mental Health Day

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On October 10, the Ministry of Health & Wellness will join the global community in observing World Mental Health Day. This year's theme, "Mental Health in an Unequal World," highlights the inaccessibility of mental health services to 75% to 95% of persons with mental disorders in low- and middle-income countries. Furthermore, it points to the disproportionate investment in mental health in comparison to the overall health budget in countries, which contributes to a gap in mental health treatment around the world.

Mental health across the globe and among Belizeans has suffered significantly during the COVID-19 pandemic. Disadvantaged communities are being more acutely affected by lockdowns and associated measures, infections, deaths, and the socioeconomic impact of unemployment. Mental health continues to be a vital national issue, and the need for meaningful support in the community has become even more important as the country navigates these challenges.

Persons are encouraged to look after their mental health by limiting time spent on social media, exercising, eating healthy food, and getting enough sleep. Taking time to read, meditate, practice yoga, and connect with friends and family safely can also be beneficial to mental health.

The public is invited to participate in World Mental Health Day activities in their area, which will include tree planting, poster competitions, distribution of food hampers, educational sessions and media rounds.

Persons in need of mental health services are advised to visit the mental health clinics located at the nearest public hospital and talk to their primary care provider to set up an appointment or call the 0-800-MOH-CARE (0-800-664-2273) hotline for assistance.

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