

# INDIVIDUAL PACK

## ABOUT WHOLE HOUR

Each year an estimated 20% of children and young people worldwide experience mental health difficulties.

With the #IAMWHOLE campaign, YMCA are on a mission to tackle the stigma and stereotypes surrounding mental health difficulties so no young person ever feels isolated, marginalised or discriminated against because of their mental wellbeing.

This World Mental Health Day we want people around the world to show their support by taking a WHOLE HOUR out of their day to do something to support their mental wellbeing.

By taking a WHOLE HOUR, you'll be championing the importance of self care and taking time to look after your mental health.



## JOIN THE MOVEMENT ON WORLD MENTAL HEALTH DAY

On the 10th October 2019, we want people to take a WHOLE HOUR for themselves.

We recognise that everyone is different, and what works to improve one person's mental health, doesn't necessarily work for the next person. However, there are some simple and proven things we can all do to look after our mental health.

Whether it is doing something active and healthy, creative and fun, mindful and thoughtful, or restful and relaxing, there are a variety of things you can do to make you feel good.

To help get you started, we have included some ideas in this pack of things you could do with your WHOLE HOUR on World Mental Health Day:

- Going for a walk
- Doing a sport or exercising
- Practising mindfulness, yoga or meditation
- Listening to or playing music - check our 'Ultimate #IAMWHOLE Playlist' on [Spotify](#) for inspiration
- Turning off all your electronic devices
- Cooking and eating a healthy meal
- Participating in a hobby such as knitting, baking, or photography
- Spending time with friends and family

But this list is not exhaustive, there are lots of different things you can do with your WHOLE HOUR.

**Join us!**

World Mental Health Day

**10th October 2019**

POWERED BY:

**YMCA**

PRESENTED BY:

**#IAMWHOLE**

**You could support your WHOLE HOUR activity by putting some time aside to learn more about mental health, and the things you can do to support yourself and others.**

**If you want to go further, you could also put on your own WHOLE HOUR event for others to participate in.**

**You can also help promote and show your support for WHOLE HOUR by downloading and sharing our range of posters, flyers, and digital graphics and banners from [wholehour.com](http://wholehour.com).**

## **STAY IN TOUCH**

**Whatever you decide to do on World Mental Health Day, we want to hear from you.**

**Share your WHOLE HOUR plans and stories on social media using the hashtags [#IAMWHOLE](https://twitter.com/IAMWHOLE) and [#WHOLEHOUR](https://twitter.com/WHOLEHOUR). If you need inspiration visit [wholehour.com](http://wholehour.com).**

**The [#IAMWHOLE](https://twitter.com/IAMWHOLE) campaign aims to tackle mental health stigma and encourage young people to speak out, seek help and get support. The [#IAMWHOLE](https://twitter.com/IAMWHOLE) campaign seeks to tackle stigma in three key ways:**

- 1. Talking - Starting conversation with young people about mental health**
- 2. Educating - Educating young people about mental health**
- 3. Sharing - Encouraging young people to share their experiences of mental health difficulties**

**To date, the campaign has reached more than 100 million people.**

**YMCA is the largest and oldest youth charity in the world. Founded in 1844, it now operates in 120 countries, and reaching 65 million people each year.**

**YMCA works to bring social justice and peace to young people and their communities, regardless of religion, race, gender or culture.**

**If you want to find out how you can get involved in the [#IAMWHOLE](https://twitter.com/IAMWHOLE) campaign beyond World Mental Health Day, you can find out more at [whole.org.uk](http://whole.org.uk) or by emailing [iamwhole@ymca.org.uk](mailto:iamwhole@ymca.org.uk).**

**Sign the pledge at [ymca.org.uk/wholepledge](http://ymca.org.uk/wholepledge)**

**Join us!**

**World Mental Health Day**

**10th October 2019**

**POWERED BY:**

**YMCA**

**PRESENTED BY:**

**#IAMWHOLE**