

THE ARCHITECTS' MENTAL WELLBEING FORUM

World Mental Health Day - Sunday 10 October 2021

In the week leading up to World Mental Health Day, from Monday 4 - Sunday 10 October 2021, join us in sharing experiences, showing support and letting everyone know they are not alone.



How you can get involved

- 1 Take over your company's social media and post on your own accounts in the week leading up to World Mental Health Day
- 2 Post a photo of yourself holding up one of our signs - choose the one that speaks to you the most
- 3 Share your story on Instagram, LinkedIn and/or Twitter
- 4 Not comfortable sharing your name and face? No worries - share one of our posters anonymously through your company's account or we can share for you through the AMWF channels
- 5 Make sure to tag:
[@AMWForum](#) [#WMHD](#) [#WorldMentalHealthDay](#) [#BuildStrongerTogether](#) [#MentalHealthMatters](#)
- 6 Show your support by following the week's posts, reading the stories and sharing them with colleagues and friends
- 7 Check out and share our resources at <https://www.amwf.co.uk/>

MENTAL HEALTH MATTERS

ARCHITECTS' MENTAL WELLBEING FORUM

@AMWForum

#WorldMentalHealthDay

#BuildStrongerTogether

**MENTAL HEALTH
DESERVES
CONVERSATION**

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I'M A CHAMPION FOR MENTAL HEALTH

ARCHITECTS' MENTAL WELLBEING FORUM

@AMWForum

#WorldMentalHealthDay

#BuildStrongerTogether

**IT'S OK
TO
NOT BE OK**

ARCHITECTS' MENTAL WELLBEING FORUM

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#WorldMentalHealthDay

#BuildStrongerTogether

**WE ALL HAVE
MENTAL
HEALTH**

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**MAKE
MENTAL HEALTH
A PRIORITY**

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