

# WORLD MENTAL HEALTH DAY 10/10

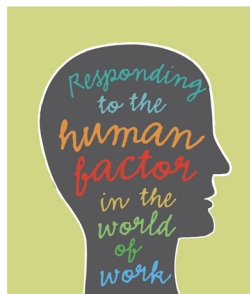


Today we raise awareness of mental health issues in order to improve the health of people around the world. This year's theme is mental health for all.

The world is experiencing the unprecedented impact of COVID-19, natural disasters and increased social unrest. The levels of anxiety, fear, isolation, uncertainty and emotional distress are high.

Prioritize self-care today! If you are struggling or feeling down, reach out. Talk to a trusted friend, relative or co-worker. Call Claremont EAP to get connected to a licensed clinician in private practice.

You are not alone.



CLAREMONT EAP

**For free and confidential services, call Claremont EAP:**

**800-834-3773**

**[ClaremontEAP.com](http://ClaremontEAP.com) | [PositivityCenter.org](http://PositivityCenter.org)**



If you are thinking about suicide or worried about a loved one, contact the Suicide Prevention Line at **800-273-8255**. It is available 24/7.