

IF World Mental Health Day Toolkit

October 10th, 2024



World Mental Health Day

On October 10th, the world celebrates the important topic of Mental Health. The Day provides an opportunity for individuals with SBH, their families, IF member associations, and healthcare professionals working on mental health issues to talk about this important topic.

Together we can assess needs to make mental health care a reality for people worldwide.

"The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health" – World Health Organisation

Together with the WHO, IF advocates for mental health among persons with Spina Bifida and or Hydrocephalus as well as their families. The lack of understanding of mental health needs of persons living with complex physical disabilities, such as SBH, creates a gap in the healthcare system, access to health care services, and stigmatisation.

For this reason IF goes green as it's the official colour to represent Mental Health!

Go green with us!



IF Working Groups & Mental Health

The topic of **“Mental Health”** has been the main focus for the IF Working Groups (WGs) in 2024. Several activities were organised throughout the year by the WGs in order to speak up and raise awareness.

- On May 23rd, The IF organised a 'Meet and Greet' meeting to facilitate a collaborative discussion between members of the IF International Youth Group SBH and the IF Working Group on Ageing with SBH, to share insights and perspectives on mental health and urological management.
- To better understand what mental health means, the IF Youth Group and the Working Group on Aging put forward a process of consultation by inviting the youth SBH to answer via a small survey. The most voted topic for both ageing groups was "Disability Acceptance".
- The IF International Youth SBH Group celebrated the UN International Youth Day on August 12 by organizing a zoom webinar dedicated to mental health.

See the recording of the International Youth Day webinar [here](#).

IF Working Groups & Mental Health

So how to improve self-acceptance? We asked our global community and their answers were as follows:

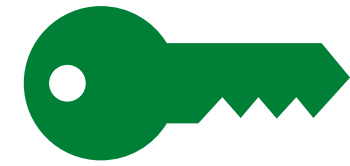


What does this toolkit contain?

- Within this toolkit, you'll find key messages, posters, hashtags, logos and banners as well as key links to download
- Come and join the challenge by sharing this toolkit with your colleagues, partners and friends!
- Participate in the "IF challenge" and send us your recorded videos or a picture to express the topic of mental health and what it means to you

Help us to spread awareness about the importance of mental health as part of integrated care for people with Spina Bifida and Hydrocephalus and their families.

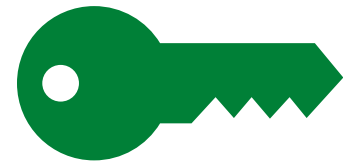




Key messages

- On October 10th, the World celebrates the #WorldMentalHealthDay. Join the movement to raise awareness and speak up about #MentalHealth in the SBH community #WorldMentalHealthDay2024 #WMHD2024 #IFSBH
- Break down the stigma accompanying #MentalHealth problems of persons with disabilities by raising your voice during the #WorldMentalHealthDay2024! #IFSBH #WMHD2024 #IFSBH
- A multidisciplinary healthcare system needs to include #MentalHealth care. Often neglected, people with disabilities feel neither heard nor understood by healthcare professionals. Not providing persons with SBH with tailored multidisciplinary care by taking into consideration both their physical and mental health needs, leads to declining overall health, including anxiety and depression. #MDC #WorldMentalHealthDay2024 #WMHD2024 #IFSBH





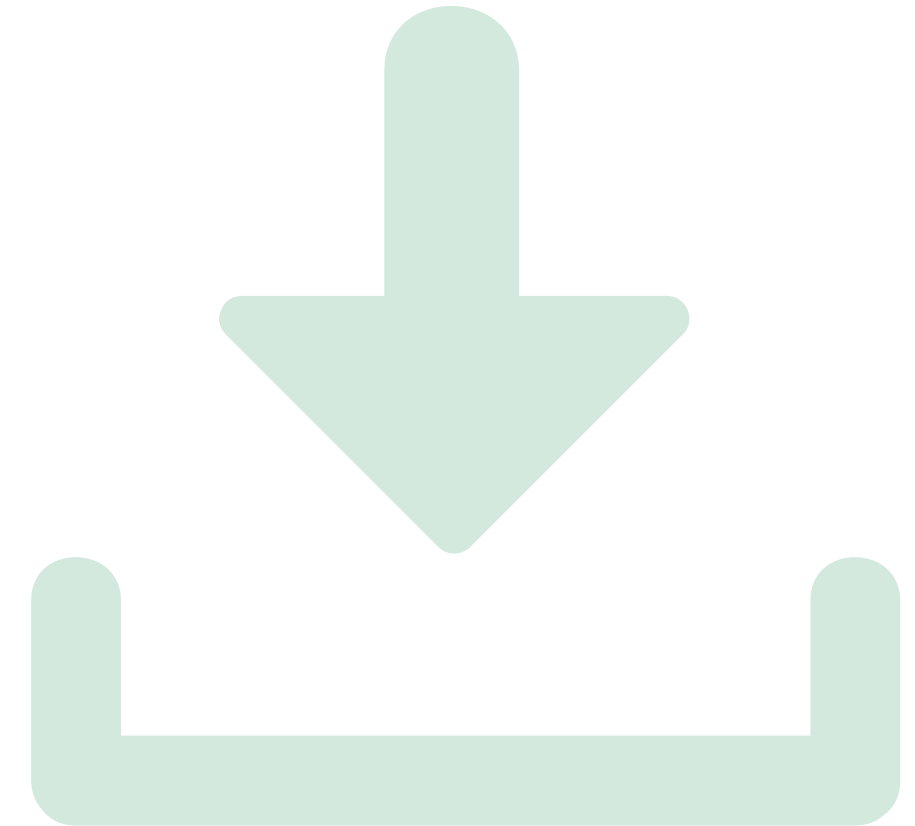
Key messages

- Positive body image & self-esteem have a protective influence on #MentalHealth of people with #spinabifida & #hydrocephalus, let's break beauty standards, stigma and speak up #WorldMentalHealthDay2024 #WMHD2024 #IFSBH
- COVID-19 impacted so many lives and with serious affects on #MentalHealth. Being isolated from the world increased anxiety and depression in the #SBHcommunity. Let's raise awareness and don't be afraid to speak about your #MentalHealth #WorldMentalHealthDay2024 #WMHD2024 #IFSBH
- "It's okay not to feel okay" spread this quote around you! Don't be afraid, speak up! #WorldMentalHealthDay2024 #WMHD2024 #IFSBH
- People with #disabilities are at risk of being blamed for being a financial burden to society, which is unacceptable and has serious affects on their #MentalHealth #WorldMentalHealthDay2024 #WMHD2024 #IFSBH #SBHcommunity

Materials to download and share



- The #WorldMentalHealthDay Poster
- The #WorldMentalHealthDay Banner
- The #WorldMentalHealthDay Save the date
- The #WorldMentalHealthDay Frame picture
- The #WorldMentalHealthDay Frame message
- The #WorldMentalHealthDay Frame picture with quotes 1 ; 2 ; 3
- Video on #MentalHealth to watch and share



How to participate?


IF challenges you to send us a recorded video or send a picture where you can express yourself about Mental Health and what it means to you.

- Go **green** with us and **tagg #IFSBH @IFSBH**
- Write a **story** about your life path living with SBH and what impact it has on your **mental health**.
- Send us a **video** in a mp4 format: duration of 2min max - **Tell us more** about **#MentalHealth**, your thoughts, your wishes or to support message for the one who will see your video
- A **picture** of you with the **IF frames** specially designed for this occasion. IF designed frames with **quotes** and **key messages** or you can use an “empty” frame to share **YOUR key messages**

IF is looking forward to seeing your **materials** and share it during the **#WorldMentalHealthDay2024 #WMHD2024**

Send your materials before the 6th of October to **info@ifglobal.org**

IF Youth Group & Mental Health



"It also really sucks when medications don't seem to help a lot; when it doesn't make a big difference, take the hurt away or make things seem easy enough to get through each day. Treatment-resistant depression sucks so much - it feels like it swallows all my energy, leaves me sleeping so much and still feeling tired, stressed about so much of the stuff, alone and hopeless.


I have trialled a lot of different treatments without much success. I do keep trying and some may seem or be unconventional or unusual, but it is a battle that I am still fighting and I have to try what I can to get any bit of relief. Anyway, my point of my sharing this is to spread awareness and inform people. Things are not always as it seems. And we are always learning, so medical treatments are changing with new research - keeping an open mind whilst trialling things has been important and helpful to me. I'm grateful to the people who have been supportive during this long and painful time xx "

- Rebecca Austin - IF International Youth Group Member



"IT'S OKAY TO NOT BE OKAY"

- Mirela Bukovac

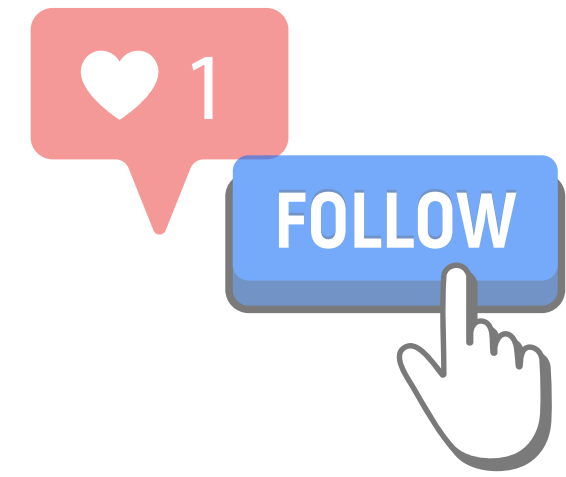
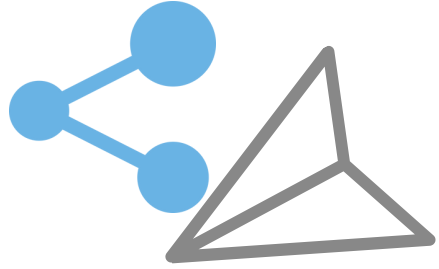


We got an illness that affects your heart, your leg, or your brain. That skill is a sickness affecting the body and there should be no difference. Feelings of severe despondency anxiety and panic attacks are not symptoms of weakness they are symptoms of trying to remain strong for far too long

- Malik Armughan Ali - IF International Youth Group Member



Tagg @IFSBH, Share & Follow



Share, use the hashtags:

#IFSBH

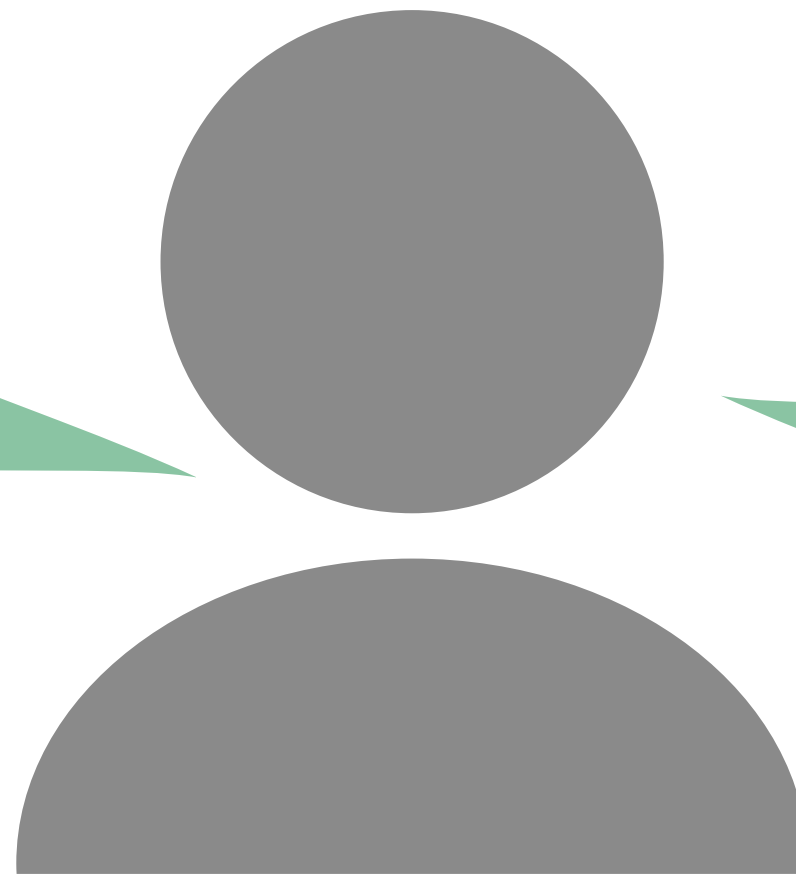
#MentalHealth

#SBHMentalHealth

#IFandMentalHealth

#WorldMentalHealthDay2024

#WMHD2024



And Follow @IFSBH



THANK YOU FOR YOUR PARTICIPATION IF TEAM

For further information please contact IF at:

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