

MINISTRY OF HEALTH, WELLNESS AND THE ENVIRONMENT
Ministerial Building
Kingstown
SAINT VINCENT AND THE GRENADINES

Subject: Ministry of Health, Wellness and the Environment to Commemorate World Mental Health Day 2025 - "Communities Supporting Mental Well-being Together"

In observance of World Mental Health Day 2025, the Ministry of Health, Wellness and the Environment, through its Mental Health Services, will host a series of public events aimed at raising awareness and promoting mental wellness under the theme "Communities Supporting Mental Well-being Together. '.

This year's theme underscores a powerful message: mental health is everyone's business. Supporting mental well-being requires a united effort from families, neighborhoods, institutions, and the wider society. Now is the time to act to break the stigma, open conversations, and build stronger, more compassionate communities where no one struggles alone.

The Ministry invites members of the public, stakeholders, and the media to support the following activities:

1. Family Fun Day & Karaoke:

- **Date:** Thursday, October 9, 2025
- **Time:** 10:00 a.m. — 3:00 p.m.
- **Venue:** Mental Health Rehabilitation Centre

An uplifting day of music, connection, and care. Families and friends are invited to visit their loved ones, engage with mental health professionals, and enjoy a relaxed, supportive environment that celebrates the importance of community in recovery and wellness. This event offers families and friends an opportunity to connect with their loved ones receiving care, engage with healthcare professionals—including doctors, nurses, and psychosocial staff—and enjoy a day of music, fun, and community bonding.

2. Mental Health Awareness Walk & Mini Health Fair:

- **Date:** Saturday, October 11, 2025
- **Time:** 3:30 p.m. (Start)
- **Route:** From ET Joshua Car Park to Bishop's College, Kingstown

The walk will be followed by a Mini Health Fair and a free "Socacise" session with DS fitness. By coming together, we can build a nation where mental health is prioritized, supported, and destigmatized. These events are not only about awareness they are a call to action.

Join us and be part of the movement toward a healthier, more supportive society.

For more information, please contact:

Mental Health Services

Ministry of Health, Wellness and the Environment

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