

# World Mental Health Day 10th October 2025

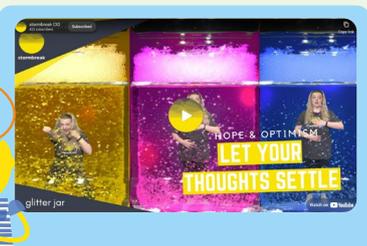


Today, we join the global conversation to break stigma, raise awareness, and support one another in prioritising mental health. But real change happens when we carry this commitment beyond just one day.

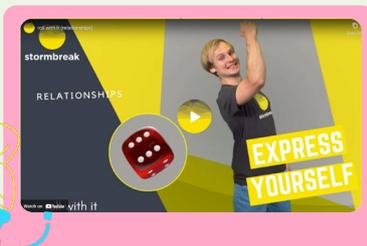
Mental health doesn't follow a calendar — it impacts lives every day. That's why our support, understanding, and action must be ongoing. Let's use today as a catalyst, not a conclusion. Whether it's checking in on a friend, advocating for better mental health services, or simply taking time to care for yourself — every step matters. Not just today, but every day. Mental health is health. Let's keep the conversation going — all year long.



## Let's stormbreak this World Mental Health Day!



**Glitter Jar >**



**Roll with it >**



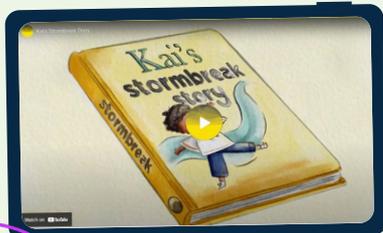
**Slow Mo Self Worth >**



**Nature's Trees >**



**Bus Stop Meditation >**



**What we do: Watch Kai's stormbreak story >**

## Explore more...

Do more with **stormbreak Plus**, including accessing new and exclusive stormbreaks, our peer to peer **Champion** programme and access our digital referral programme **Shine**, for children with emerging needs.



Contact us to find out more about becoming a stormbreak setting via email at [hello@stormbreak.org.uk](mailto:hello@stormbreak.org.uk)

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