

October 10, 2023

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Mental health is extremely important and a basic human right. That is why, today, I am talking about World Mental Health Day.

Each year, Mental Health Day has a specific theme to go along with the day. This year, the international day focuses on the theme “**Mental health is a universal human right.**” World Mental Health Day is important because it raises awareness, educates people, and introduces resources about mental health.

Good mental health is crucial to our overall well-being. Despite this, one in eight people worldwide deal with mental health conditions. Mental health conditions can have a monumental effect on their physical health, their well-being, how they interact with others, and their livelihoods. Additionally, increasing numbers of adolescents and young adults globally are being impacted by mental health conditions.

All over the world, people are being exposed to stigma and discriminated against because of their mental health conditions. Many are unable to access the care that they need. People with mental health issues are isolated from society and face prejudice for things that they can't control. These are violations of what should be basic, universal human rights. World Mental Health Day encourages these people to have conversations with those trusted around them and recognize when they need to seek

professional help. Increasing awareness about mental health helps people feel less alone or ashamed.

Today, for World Mental Health Day, try to learn more about mental health. Send a text or call to your friends and family. Stop by a loved one's home and offer to help around the house. If you know someone who is struggling with mental health issues, help them out.

Thank you for listening, and have a Talk to Someone Tuesday.

PS: Happy Birthday, Ms. Guido! As our school secretary, you've been the backbone of our school, ensuring everything runs smoothly. Wishing you a day filled with joy and appreciation for all that you do!

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

