



Message by:
Sen. Gayton, Jonathan LaCrette
Minister for Health, Wellness and Religious Affairs

World Mental Health Day

Fellow Citizens of our beautiful and resilient tri-island state. The world as we know it, has become a global village due to the introduction of globalization. Within the context of this village, lies an ecosystem of people, whose survivability, and whose equilibrium hinges heavily on their ability to integrate, interconnect and depend on each other. As the world prepares to celebrate **WORLD MENTAL HEALTH DAY** on October 10th, 2022, we must not forget that within the community of said village, resides a desperate need for Mental Health Education, Mental Health Awareness and Mental Health Advocacy, in the fight against the social stigma it brings.

Globally, nearly one in ten persons develop a mental health condition. Depression continues to be a leading cause of disability, and an estimated three million people die from alcohol abuse every year, while a suicide occurs every forty seconds. Since 2020, said statistics have been exacerbated by the global pandemic. Therefore, in conjunction with the sustainable development goal # 3 (**Good Health and Well-Being**), civil society organizations and ministries of health across the world, join hands with The World Health Organization in championing, that all people acquire access to quality mental health care and effective treatments that protect and promote overall health and well-being.

Though the previously stated statistics represent a global footprint of the mental health pandemic that has emerged, locally as a nation, we are not immune to the devastating effects of this illness. Celebrating under the theme "**Making Mental Health and Wellbeing for all a global priority**" comes at an opportune time, with relevance and a timely posture, as the walls surrounding the stigma associated with Mental Health are falling. Additionally, it gives me great pleasure to announce that the Ministry of Health, Wellness and Religious Affairs "Grenada" is

currently reviewing our draft mental health act, with a view to amendments that will speak to principles that will drive the provision of mental health services.

Moreover, we have seen the need for a Wellness Council that will be tasked with the policy mandate to promote a culture of physical, psychological, financial, and emotional well-being. Though mental health may not be visible, it is an invisible disability that is critically important for everyone, everywhere, and goes beyond the mere absence of a mental health condition. It is integral to well-being, enabling people to realize their full potential, show resilience amidst adversity, be productive across the various settings of daily life, form meaningful relationships and contribute to the development of their communities.

In this regard fellow citizens, be tolerant, be kind, show compassion, embrace with love the mentally ill, so that we can continue to establish a more balanced environment for all to co-exist.

Happy World Mental Health Day Grenada