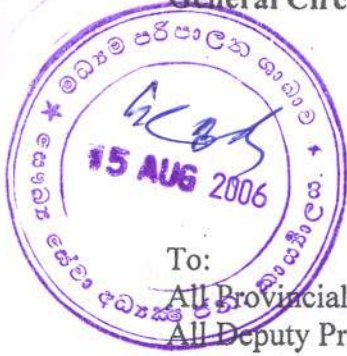


2076  
General Circular letter No: 02 – 145 / 2006



My No: DMH / A / 2005 / 51  
Ministry of Healthcare Nutrition &  
Uva Welassa Development  
"Suwasiripaya"  
385 Deans Road, Colombo 10.  
20 July 2006

To:

All Provincial Directors of Health Services  
All Deputy Provincial Directors of Health Services  
All Head of Institutions/Hospitals  
Divisional Directors of Health Services/Medical Officers of Health  
Directors of Specialised Campaigns

### World Mental Health Day – 2006

October 10<sup>th</sup> 2006 marks World Mental Health Day.

**1. The Theme: Building Awareness-Reducing Risk: Mental Illness and Suicide**

**2. Objectives:**

1. To promote mental well being and prevent suicide
2. To raise awareness in the community about mental illness and suicide
3. To encourage people to seek help for mental health problems

**3. Proposed activities that can be carried out in your area / work place:**

1. Plan and conduct a "Citizen's March for World Mental Health Day" – In a number of communities around the world, mental health advocates, consumers, family members and professionals join together to carry out a "citizen's march" on October 10 to kick off World Mental Health Day. When planning to organize a public "march" or "rally," be sure to check with your local government authorities regarding necessary parade permits and security requirements, and to seek their support and cooperation.
2. Schedule and hold a Media Conference to promote the World Mental Health Day theme – When carefully planned and organized, local media conferences can help increase reporting and publicity for your World Mental Health Day events.
3. Plan and organize awareness programmes to public and health care staff on the world mental health day theme.

4. Organize lectures, lecture discussions and other relevant activities with GOVT/NON GOVT organizations to enlighten them on prevention of mental illness and suicide
5. Establish Community Support Centres in your area according to the Mental Health Policy to provide individual support to those in need.
6. Consider starting support groups or self help groups for consumers and family members who experience mental illness, suicide/attempted suicide and other psychological problems like substance abuse.

A summary of information provided by the World Federation for Mental Health is attached for your easy reference ([www.wfmh.org](http://www.wfmh.org)).

All PDHSS, DPDHSS should ensure the full participation of preventive and curative health staff in these activities. DPDHS should plan the World Mental Health Day activities along with the district psychiatrist, MOOH and MOOMH and send the plan of activities to office of the Director Mental Health Services by 30<sup>th</sup> Aug 2006.

The Health Education Officers attached to your division should provide the necessary assistance and guidance in organizing the World Mental Health Day.

Please send a summary of the World Mental Health Day activities carried out in your province / division / institution with your observation to reach the office of the Director Mental Health Services by 10<sup>th</sup> Nov 2006.

*Hiranthi de Silva*  
**Dr. Hiranthi de Silva**  
**Director/Mental Health Services**

**Sgd. Dr. H.A. P. Kahandaliyanage**  
**Director General of Health Services**

Cc:- Hon Minister of Healthcare & Nutrition  
Hon Dy. Minister of Healthcare & Nutrition  
Hon Provincial Ministers of Health  
Secretary, Minister of Healthcare & Nutrition  
All Provincial Secretaries of Health Services  
All Dy. Director Generals of Health Services  
Epidemiologist  
All Regional Epidemiologist  
All MOOMH  
All HEOO  
WHO Representative for Sri Lanka  
Director, Health Education Bureau  
Director, Family Health Bureau  
Director, NCD  
Director/NIHS  
Deans, Faculties of Medicine