



World Mental Health Day – October 10, 2020

October 9, 2020

World Mental Health Day is sponsored by the World Health Organization (WHO). It is observed on October 10th every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of better mental health. This year WHO's theme is *Move for mental health: let's invest*.

Bereskin & Parr affirms its commitment to creating awareness about mental health issues. Given the effects of the COVID-19 pandemic, it is expected that the need for mental health and psychological support will substantially increase in the coming months and, possibly, years. We encourage each of you to invest in your own mental health and to support friends and family.