

This World Mental Health Day Pause. Connect. Re-energize.

Did you know that meaningful connections with others can boost our mental wellbeing and cognitive function?

Conversation exchange

We are introducing a fun and simple way to make new connections and friends across your workplace for World Mental Health Day / week.

How to join the conversation...

- ✓ Simply look out for a conversation exchange box in your place of work.
- ✓ Write your name on a piece of paper with your preferred way to connect and pop it in the box.
- ✓ Now, pick a name out of the box and reach out to connect any time between Monday 13 to Friday 24 October.



WMHD
October 2025
activities



Who knows who you will meet? You could make a friend for life!