

You are here: > [Home](#) > [News](#) > [Health and Social Care](#) > Events will raise awareness of World Mental Health Day

Representatives from organisations that support people who have mental health problems will be at series of events to raise awareness of mental health and the support available locally.

The local focus for 2015 is 'be active, be creative, be kind to your mind'. Internationally, the theme is dignity in mental health.

This year's World Mental Health Day is on Saturday 10 October, but awareness will be raised in Peterborough throughout the month.

Representatives from Peterborough City Council, Cambridge and Peterborough NHS Foundation Trust (CPFT), Cambridgeshire and Peterborough Clinical Commissioning Group (CCG), Cambridgeshire Police, Peterborough and Fenland Mind, Inspire Peterborough, Vivacity, Peterborough Rethink Carers, Insight Health Care, and the Richmond Fellowship, will be on hand at events to talk to people and give information about the support that is available.

The events are:

- > Saturday 3 October - Cathedral Square, Black History Month event, from 11am to 6pm
- > Saturday 3 October - ABAX Stadium, London Road: Peterborough United against Millwall, 3pm
- > Thursday 8 October - Peterborough Key Theatre: I Had A Black Dog... theatre production, 7.45pm
- > Saturday 10 October - Kingsgate Centre, Staplee Way: Feel The Force Convention 2015, from 11am
- > Saturday 10 October - Millennium Centre, Dickens Street: Black History Month event
- > Sunday 11 October - The Embankment, Peterborough: Perkins Great Eastern Run, from 9.30am

Mirsada Hodges, project manager for mental health commissioning at Peterborough City Council, said: "One in four people will suffer from poor mental health at some point in their lives.

"There's no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience and to boost low self-esteem may help keep your symptoms under control.

"Take good care of yourself, having sufficient sleep, healthy eating and regular physical activity are important preventative steps.

"It is fantastic to see such strong collaborative working going on between organisations in the city and these events are a great chance for people to find out more about the support that is available, whether it is for themselves, a friend or family member, or simply to become more aware of mental health issues.

"World Mental Health Day and the month of October is also an opportunity for us to celebrate what so many people and organisations do to enable people to live well in their communities."

The five ways to wellbeing are connecting, learning, giving, being active and taking notice.

Experts advise that by following these steps you will find that you are able to strengthen your emotional wellbeing and remain positive throughout your daily life.

Feedback on the information and resources available to patients is being welcomed at all the events. The names of those who give feedback on a form is put into a draw to win a signed pair of Peterborough United football boots.

For more information about services available locally people can call Peterborough and Fenland Mind on 01733 530650, [Cambridgeshire and Peterborough Foundation Trust \(http://www.cpft.nhs.uk/\)](http://www.cpft.nhs.uk/) on (01223) 726789 or its patient advice and liaison service on 0800 376 0775.