

# INGENOVIS INSIGHT

## WORLD MENTAL HEALTH DAY

### MENTAL HEALTH FOR ALL

World Mental Health Day is marked every year on October 10 to raise awareness about mental health around the world and to mobilize efforts to support those experiencing mental health issues. Every year since 2013, the World Health Organization (WHO) has organized a global campaign for World Mental Health Day. The World Federation for Mental Health (WFMH) announced the theme for World Mental Health Day 2022, which is *"Make mental health for all a global priority."*

#### DID YOU KNOW?

A QUICK BREATHING EXERCISE  
CAN REDUCE ANXIETY AND  
STRESS WHILE BOOSTING  
PRODUCTIVITY!

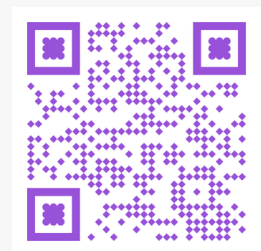
TRY IT **HERE**



### MINDFUL MOMENT

THE PURPOSE OF THE MINDFUL MOMENT IS TO HELP YOU PAUSE, SHIFT MOMENTARILY FROM "DOING MODE" INTO "BEING MODE," AND HELP YOU TO RE-CENTER AND RE-FOCUS.

TRY IT OUT **HERE**:



# AWARENESS: SUICIDE AND SELF HARM

As we deal with the important issue of mental health, it is vital that we talk about the dire consequences of mental illness. Suicide was the leading cause of death in 2020 and nearly 17% of all people will harm themselves in their lifetime. This means that one person took their own life every 11 minutes in 2020 and millions of people suffered alone. As we fight to raise awareness about mental health, and look for ways to be healthy, we must look out for each other, and never be afraid to seek help.



*"Alone we can do so little;  
together we can do so much."*

*Helen Keller*

## Resources

**SAMHSA'S NATIONAL HELPLINE IS A FREE, CONFIDENTIAL, 24/7, 365-DAY-A-YEAR TREATMENT REFERRAL AND INFORMATION SERVICE (IN ENGLISH AND SPANISH) FOR INDIVIDUALS AND FAMILIES FACING MENTAL AND/OR SUBSTANCE USE DISORDERS. (800) 662 HELP (4357)**

**VISIT THE NATIONAL ALLIANCE ON MENTAL ILLNESS  
HERE**

**ACT PROGRAM**  
**THE INGENOVIS HEALTH ACT PROGRAM (ADVOCACY, CAREER, TOOLS) IS A PROPRIETARY PROGRAM TO PROVIDE CLINICIANS WITH THE TOOLS AND RESOURCES THEY NEED TO FLOURISH, GROW, AND ADVANCE THEIR CAREERS. IT IS A COLLECTION OF EFFORTS AND INVESTMENTS TO FOSTER THEIR DEVELOPMENT AND WELL-BEING.**

**VISIT THE ACT PROGRAM PAGE  
HERE**

**CHECK OUT THE VISTA VOICE BLOG**

**IF YOU ARE HAVING THOUGHTS OF SELF HARM CALL OR TEXT "988"**