



GREAT MENTAL



HEALTH DAY **IN**
LONDON

What is Great Mental Health Day?

Great Mental Health Day returns on Friday, 26 January 2024.

Great Mental Health Day is a London region awareness day to support Londoners to talk about mental health, create a platform to highlight the great support available, and, crucially, take the stigma out of asking for help when needed.

Building on previous years, it will see 1,000s of Londoners come together across 100s of free events taking place across the city, sharing stories, experiences and exploring ways to support individual and community wellbeing.

For 2024, GMHD the theme for the day will explore the importance of 'meaningful connections'.

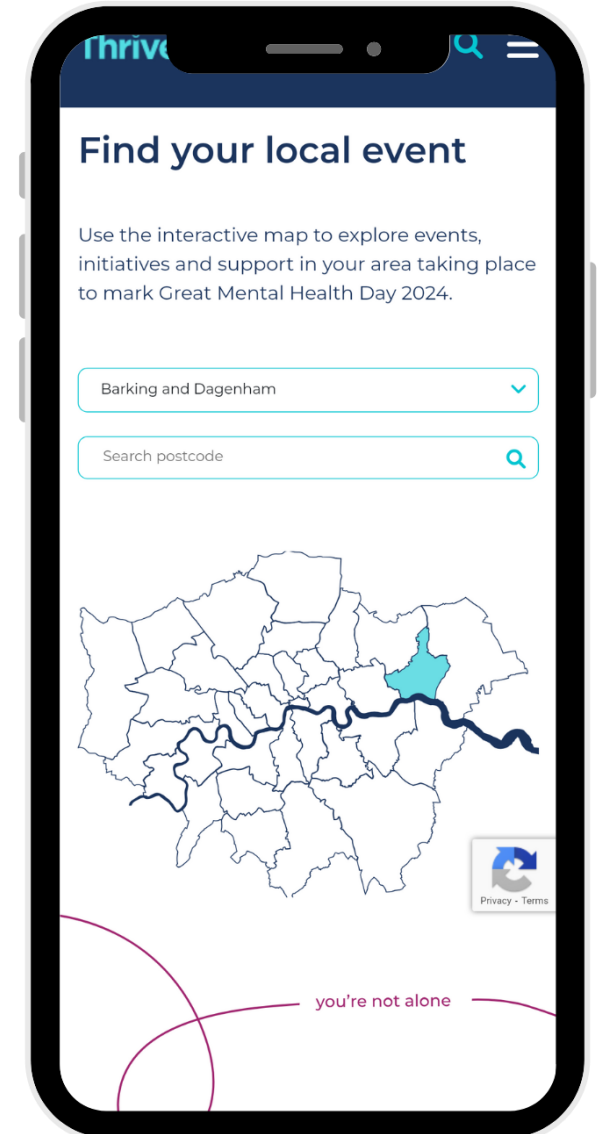


[Click to watch promotional GMHD 2024 video](#)

Localising Great Mental Health Day

Events for Great Mental Health Day 2024 will take place all over London.

- Thrive LDN will once again host an [interactive map of London](#) allowing people to explore events, initiatives and support in their area. If you or anyone in your local area in London is planning an event or initiative for Great Mental Health Day 2024, please tell us about it.
- Additionally, this will be supported by an [Online Events listing page](#) for anything less locally defined and open to anyone across London (and beyond) to join.
- Now available, an updated [Supporter's Pack and communications toolkit](#). Resources are being updated in the run up to Great Mental Health Day 2024.



More than **5,600 website visits** to the Thrive LDN website, accounting for **31% of website traffic** in January 2023.



Over **5,200 London postcode searches** were made on the interactive GMHD map in January.

Haringey activities 2024



ABC Parents Fair

Haringey Flagship Event.
Friday 26th January.
Tottenham Sports Centre.

2024 Activities

Subject to change. More events TBC.



Samaritans Roadshow



Active travel Team: smoothie bike and cycle to work programme



North London
Mental Health
Partnership

NHS
Barnet, Enfield and Haringey
Mental Health NHS Trust
Camden and Islington
NHS Foundation Trust

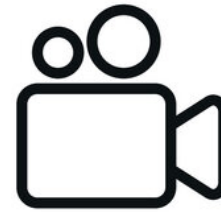
North London Mental Health Partnership event



Let's Talk IAPT
IAPT Training



Poetry
workshop



Film screening:
'Mental health, my father and me'



Meet our
MHFA'ers



kooth

Delivering mental health
assemblies in schools.

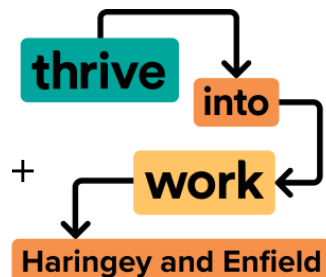


GamCare

Gambling Harms Training



Clarendon
Recovery
College



CV Building
workshop



GMHD
IN LONDON

“An amazing opportunity to hear about and learn how to access services we hadn't heard of before”.

“It opened up the conversation of mental health and showed there are many, many aspects to it”.

“It was very informative, good mix of stalls, and activities, very busy and lively, fun, with opportunities to meet others and positively engage in the local community. Shame its only once a year. Would like more community events like this!”

Further questions and contact

Got a burning question?

[Then explore our FAQs](#) in case it may be covered in there.

Or speak to the Thrive LDN team.

You can [contact us](mailto:info@thriveldn.co.uk) (info@thriveldn.co.uk) to have a chat through your plans and ideas.

