

Mental Health Awareness Month 2026

The Department of Psychiatry, Government Medical College & Hospital (GMCH), Sector 32, Chandigarh, is observing Mental Health Awareness Month during October - November 2026 as part of its Information, Education and Communication (IEC) activities in connection with World Mental Health Day 2026.

The initiative is being undertaken in accordance with the communication issued by the Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India, vide D.O. No. T-20013/69/2025-SAS-1 (FTS. 8363218), dated 15 September 2026.

The theme of World Mental Health Day 2026, “Lived Experiences Heard: Real Voices, Real Change,” highlights the importance of listening to and meaningfully involving persons with lived experience of mental health conditions in shaping mental health policies, services and interventions.

In keeping with this year's theme, the Department of Psychiatry is collaborating with various organisations and institutions to promote mental health awareness and well-being through a range of activities during this month-long initiative. These may include awareness lectures, interactive sessions, stress-management activities, mental health and well-being programmes, community outreach activities, and other relevant IEC initiatives.

Through these collaborative efforts, the initiative aims to create greater awareness about mental health, reduce stigma and discrimination, encourage timely help-seeking, promote positive mental health and well-being, and create safe and respectful spaces where lived experiences and real voices can be heard with empathy, dignity and understanding.

The Department welcomes the participation and collaboration of schools, colleges, educational institutions, community organisations, NGOs, professional bodies and other stakeholders in making this initiative meaningful and impactful.