

# World Mental Health Day 2023

## Films Accompanying Text

We've developed a number of films and documentaries as part of the programme. Some of our grantees have also developed their own films. These all address stigma and discrimination in different ways.

Links to our films and other materials can be downloaded here:

<https://www.ghanasomubi.com/wmhd-2022>

You can also explore our YouTube Channel

[https://www.youtube.com/channel/UCqfX3XKnAb1GoD\\_c6BlwDWA](https://www.youtube.com/channel/UCqfX3XKnAb1GoD_c6BlwDWA)

The films all have subtitles

Below are some example messages which could be used to highlight the films for social media

Our programme and partners have developed a range of films about Mental Health.

Explore our YouTube

channel [https://www.youtube.com/channel/UCqfX3XKnAb1GoD\\_c6BlwDWA](https://www.youtube.com/channel/UCqfX3XKnAb1GoD_c6BlwDWA)

#WorldMentalHealthDay #PrioritiseMentalHealth

This documentary delves into the experiences of four Ghanaian women with disabilities, and mental health

conditions [https://www.youtube.com/watch?v=grL\\_IBJu2No](https://www.youtube.com/watch?v=grL_IBJu2No) #WorldMentalHealthDay #PrioritiseMentalHealth

Samata's husband left her due to Mental Health stigma

<https://www.youtube.com/watch?v=O7cf1sQIQf0> She's been supported

by @cpri\_ghana to raise awareness of stigma #WorldMentalHealthDay

#PrioritiseMentalHealth

Vera has been fighting stigma, and supported by @cpri\_ghana to tell her

story <https://www.youtube.com/watch?v=pSUEbyqBf3s> #WorldMentalHealthDay

#PrioritiseMentalHealth

This documentary delves into the accessibility status of built environments in Ghana and the impact it

has <https://www.youtube.com/watch?v=6Nx8weNDtCc> #WorldMentalHealthDay

#PrioritiseMentalHealth @gfdghana

## Want to tag other organisations for World Mental Health Day? Try some of these:

### Our programme

@GhanaSomubi Ghana Somubi Dwumadie

### **Our current grantees**

@HFFG_Ghana	Hope for Future Generations
@Original_gnad	Ghana National Association of the Deaf
@SongtabaNGO	SONGTABA
@ThePsyKForum	The PsyK Forum
@VoiceGhana	Voice Ghana

### **Our funder**

@Ukinghana	UKAid through Foreign, Commonwealth and Development Office, UK (FCDO)
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### **Some of our consortium partners**

@Optionsinhealth
@BasicNeedsGh
@Sightsavers
@KingsCollegeLon

### **Some key stakeholders and partners**

@CHRAJGHANA	Common on Human Rights and Administrative Justice (CHRAJ)
@gfdghana	Ghana Federation of Disability Organisations
@GhanaPresidency	The Presidency (Jubilee House)
@mehsog	Mental Health Society of Ghana
@MindFreedomGh	Mind Freedom Ghana
@mha_ghana	Mental Health Authority
@MoGCSP_Ghana	Ministry of Gender Children and Social Protection
@mohgovgh	Ministry of Health
@NcpdGhana	National Council of People with Disabilities
@SDGsPresidency	SDG office at the Presidency
@WHOghana	World Health Organization, Ghana