

World Mental Health Day 2023

Posters

Accompanying Text

We've developed 6 posters as part of our Social Behaviour Change projects with grantees Voice Ghana, HFFG and others, supported by consortium partner Sightsavers.

The posters and other materials can be downloaded here:
<https://www.ghanasomubi.com/wmhd-2022>

Below are some example messages which could be used to illustrate the posters for social media, as well as the text of each poster itself.

Poster 1

Poster Text: Words can cause serious emotional effect on people. Call us by our names.

Example social media text: Everybody has a name and loves to be called by it. Why do you think people with disabilities, including people with mental health conditions, must be called anything differently from their names? #WorldMentalHealthDay #PrioritiseMentalHealth

[Download here](#)

Poster 2

Poster Text: We can teach, engage in farming, and do many other jobs. Equal opportunity is a right

Example social media text: All humans need equal opportunities and a level playing field to thrive. Let's give people with disabilities, including people with mental health conditions equal opportunities as well. #WorldMentalHealthDay #PrioritiseMentalHealth

[Download here](#)

Poster 3

Poster Text: We have ability to participate equally in community life. Equal opportunity is a right.

Example social media text: When talking about people with disabilities, including people with #MentalHealth conditions, choose language that emphasises what people can do instead of what they can't do. #WorldMentalHealthDay #PrioritiseMentalHealth

[Download here](#)

Poster 4

Poster Text: People with mental health conditions may look like anyone else. We deserve dignity and respect.

Example social media text: In Ghana, a lot of people think they can point out a person with #MentalHealth condition just by looking at them. But the truth is that

people with mental health conditions look like anyone else. #WorldMentalHealthDay #PrioritiseMentalHealth

[Download poster 4 here](#)

Poster 5

Poster Text: Words can cause serious emotional effect on people. Call us by our names.

Example social media text: Words can empower or disempower. Let's be respectful in the way we portray people with disabilities. Simply call us by our names or how you would call any other person! #WorldMentalHealthDay #PrioritiseMentalHealth

[Download here](#)

Poster 6

Poster Text: We have ability to participate equally in community life. Equal opportunity is a right.

Example social media text: Given the opportunity, people with disabilities, including people with #MentalHealth conditions can contribute to their communities as well. #WorldMentalHealthDay #PrioritiseMentalHealth

[Download here](#)

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)

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