



IT'S TIME TO PRIORITIZE

# Mental Health

IN THE WORKPLACE

To learn more about mental health issues, please visit [FOH4YOU.com](https://www.foh4you.com) and check out the What's Trending section on the homepage or you may click here [HERE](#).

To speak with an EAP Consultant or schedule an appointment, please call [\(800\) 222-0364](tel:8002220364).

## World Mental Health Day is October 10th.

This year's theme, "*It's time to prioritize mental health in the workplace*" is an opportunity for governments, employers, and organizations to focus on efforts to improve mental health at work.

Good mental health is an integral part of our overall health and wellbeing. The World Health Organization advocates that everyone has a right to good quality mental health care. In support of this goal, Federal Occupational Health (FOH) is proud to provide EAP services to you 24 hours a day, 7 days a week.



U.S. Department of Health and Human Services

[FOH4YOU.com](https://www.foh4you.com)