

No. 218/25

8th October 2025

To: All Branches

World Mental Health Day 2025 – Friday 10th October

Dear Colleagues,

World Mental Health Day is coming up on **Friday 10th October**. The theme this year, set by the World Federation for Mental Health, is: "Access to Services – Mental Health in Catastrophes and Emergencies."

This year's theme is especially important to consider from a workplace context.

Workplace incidents or traumatic events can occur on any work site, any road, or in any workplace and these impactful events can directly affect our mental health.

It is also important to raise awareness of the fact that trauma or distress doesn't always show straight away, symptoms may appear weeks or months later.

[Types of mental health problems | coping with trauma | Mind](#)

Risk factors for trauma may include exposure to critical incidents and accidents, sudden loss, violence or overwhelming stress. Knowing the signs of trauma and what to do next is vital, as there are things we can do individually to protect ourselves and others from feeling overwhelmed.

Workplace posters shared with this LTB include tips to manage 'Overwhelm' and 'Doomscrolling'.

'Overwhelm' is becoming overwhelmed by a feeling or event, which affects you very strongly, to a point where you do not know how to deal with it.

'Doomscrolling' doomscrolling is the habit of consuming negative news online repeatedly until it starts to significantly impact our emotional wellbeing.

The term doomscrolling itself became popular during the COVID-19 pandemic.

The application of self-care can include switching off from social media. Mental Health First Aid England refer to this as a 'digital detox', which involves setting a time limit and establishing boundaries about the time you spend online to improve mental health and reduce feelings of anxiety and inadequacy.

For anyone who is struggling, CWU MHFAiders are trained to listen, support, and signpost.

In November the CWU will support the first MHFAider® Day in England. [MHFAider Day 2025 . MHFA England](#)

Our MHFAiders are never alone in their role. Through the [Association of Mental Health First Aiders](#) and CWU regional mental health support networks, they can remain part of a national community staying connected, supported, and confident in making a difference.

On MHFAider Day 2025, we will aim to shine a spotlight on their impact and celebrate the ripple effect they create.

Linking back to this year's theme for World Mental Health Day 2025 [World Mental Health Day – October 10th](#) it is important to raise awareness of the fact that the **2-day CWU Mental Health First Aid course** provides training to all learners to aid a better understanding of:

- What a traumatic event is
- What Crisis First Aid looks like for traumatic events
- What protective factors are available for supporting our Mental Health.

CWU Mental Health First Aid training will again be available in 2026. To further support branches, we can now also offer a Health & Safety 1-day workshop in partnership with 5asideCHESS looking at trauma informed training, which can be delivered alongside our continued CWU Mental Health First Aid training. [Work with us – 5asideCHESS](#)

Please remember there is always hope, clicking on the following link can take you to your nearest support service.

[Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)

This LTB is shared on behalf of CWU Central Services.

If you have any questions or need any further information, please contact-

Jamie McGovern FRSPH MIIAI

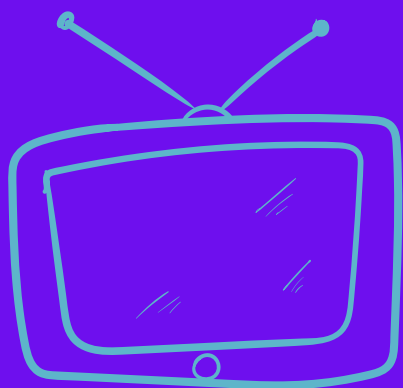
CWU Health & Safety Policy Assistant at jmcgovern@cwu.org.

Tips to manage **overwhelm** during global events and relentless bad news



Constantly hearing about negative news from around the world can feel like a lot to take in – **and that's because it is.**

Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health. Here are some tips to help you cope with global news overwhelm and find your way back to balance.



Set boundaries with the news

Ask yourself how much news content you're happy to take in, and how often.



Use grounding exercises

Grounding yourself in the here and now can ease your stress response.

Have phone-free times

If you often find yourself doomscrolling, having set phone-free times or zones could help break this habit.



Talk with others

When you feel overwhelmed, it can help to connect with other people. You could spend some quality time with loved ones, family or friends.



Give yourself permission to rest

Taking time to look after yourself doesn't mean you've stopped caring about anything else; it means that you are looking after yourself so that you can keep on caring.



Focus on what you can control

Small actions still matter. Taking positive action can help shift feelings out of helplessness and into purposefulness.

Practical ways to manage DOOMSCROLLING



It's normal to feel down from time to time when we come across bad news, but constant exposure to negative online content could negatively affect our mental health.

'Doomscrolling' is a relatively new term used to describe the impact of consuming large amounts of upsetting news online.

If you're looking for ways to spend less time doomscrolling, here are some suggestions that might help.

Turn off 'push' notifications

Turning off instant alerts for social media or news apps can give you a break from anxiety-provoking information.



Set a time limit

Setting a time limit on your scrolling can help, as long as you stick to it. Find something that gives you a gentle signal that it's time to put the phone down.



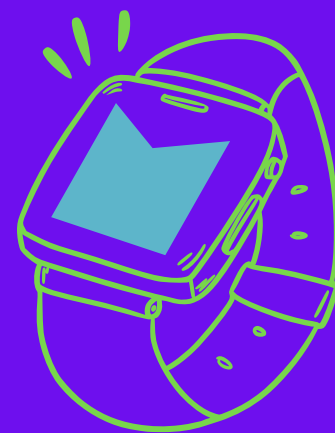
Consider phone-free zones

You're allowed to have quality time that isn't interrupted by notifications every few minutes.



Use a watch or an alarm clock

If you often doomscroll in bed, it may be because your phone doubles as your alarm clock. Switching to using a watch or a physical alarm clock may help.



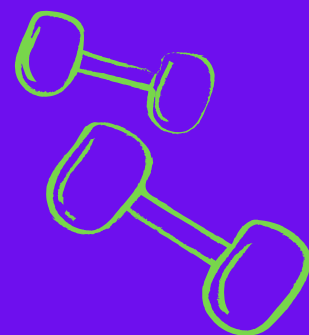
Manage your social media feeds

You could make changes to what appears on your feed by blocking or hiding certain profiles, allowing you to limit the negative content you are exposed to.



Balance the negative with a positive

Mindfulness, reading, spending time with others, and exercising are all great self-care activities that can benefit your wellbeing.





10 October 2025

It's the day you ask
for support
and the years you spend
waiting too.

Fight for mental health every day.

Join the campaign
mind.org.uk/wmhd

