Mentally Healthy Humans

A Manifesto to create a more psychologically safe and inclusive society where people thrive

Tragically, there's an enormous lack of understanding about mental health conditions in our society.

And we tend to avoid things we don't understand and become frightened of what we can't see.

Because of our avoidance and fear, people are dying. People are experiencing such isolation, shame and desperation, they are making the irreversible decision to end their own lives.

Thankfully, many do not make this choice. Instead, they suffer in silence. They put on false smiles and say everything is OK. They alter aspects of their lifestyles – like avoiding social situations – to be able to cope with the overwhelming feelings of depression and anxiety.

It's time to end the suffering and save lives.

Imagine …

- People not having to muster up courage in order to ask for help when they are finding it hard to cope with life

- People able to get the help they need, when and where they need it, as they deal with life's serious challenges

- People being no more fearful to ask about someone's mental health than they are to enquire about their physical health

- People showing genuine concern and compassion for others who are struggling with life

- People listening without judgement to the concerns, fears and worries of others

- There is no more stigma attached to having a mental health condition than is associated with being diabetic

- Businesses and workplaces everywhere honour their promise to care about their staff

- A suicide rate of **0** – when no one in the world feels that is the only option to end their pain

Yes, it will challenge us to take the steps to achieve this noble goal.

Yet it's only our fear and lack of understanding that make it this way. Without the fear and lack of knowledge, it is quite easy and straightforward.

Ultimately, creating a more mentally healthy society requires only three things:

1. **Courage** – to speak up when we ourselves need help and to make looking after ourselves individually a priority

2. **Compassion** – to look out for and ask after others' mental health and well-being when we can see they are struggling

3. **Commitment** – from leaders in organisations to create workplace environments where people can fully contribute and perform at their best