



## PRESS RELEASE

### **Apia, 12 October 2022 – *Celebrating world mental health day 2022, by making mental health & well-being for all a priority***

The Office joins the world in celebrating world Mental Health Day 2022. The theme for this year's celebrations is "making mental health & well-being for all a Global Priority". Mental health and wellbeing is a human right. There cannot be health without mental health. Regardless of our age, gender, socio-economic or ethnic background, we consider our health to be our most basic and essential asset.

The Office in its [UPR alternative submission](#) in 2021 reiterated the importance for the Government to ensure that the mental health system is adequately equipped and supported to ensure people receive the help they need. This is highly necessary and required as a result of the measles outbreak in 2019 and the COVID-19 pandemic that had a great impact on the social wellbeing and mental health of everyone especially on the elderly, mothers and children.

The issue of mental health and well-being was predominantly featured in the discussions at the [Children and Young Peoples Forum](#) hosted by the Office in collaboration with the Pacific Community in July 2022. Participants at the forum noted that not enough is being done by the Government to address mental health issues in Samoa and thus more work is needed as many young people do not understand or know where to seek support from when they are caught up in situations where their mental health is at risk.<sup>1</sup>

In moving forward the Office will continue to advocate for the Government to do more for mental health in Samoa to ensure good health and well-being for ALL.<sup>2</sup>

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<sup>1</sup> Further information from this forum will be featured in the Office's state of human rights report that will be submitted to Parliament in June 2023.

<sup>2</sup> Achieving this will contribute to the realization of SDG 3.