

# Mental Health Action Day



THURSDAY, MAY 20, 2021

## From Awareness to Action

One year into the COVID-19 pandemic, and a fast growing Mental Health pandemic, SADAG, along with over 1000 organizations team up for Mental Health Action Day on May 20th, 2021.

While we have made big strides in challenging the stigma's attached to Mental Health, and more and more people are comfortable talking about mental health, many people still fall through the cracks, especially in South Africa.

How is it possible that so many still live with Mental Health conditions and still do not have access to treatment? The answer is simple - They fall through the cracks between the space of awareness and action.

That is why SADAG, and numerous other non-profits are coming together to launch the first-ever Mental Health Action Day.

This day is dedicated to motivating people to create action out of awareness. This moment will provide the tangible tools that will help us all take an action for ourselves, for our loved ones, and for our community.

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Mental Health is Health.

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