

Celebrating Mental Health at Every Age: Hope, Connection and New Beginnings

World Mental Health Day 2026 – 10 October

World Mental Health Day reminds us that mental wellbeing is an important part of living a happy, fulfilling life. Whatever our age, we all deserve to feel valued, connected, understood and supported.

The theme for World Mental Health Day 2026, *"Lived experiences heard: real voices, real change,"* celebrates the importance of listening to people's stories, respecting their experiences and making sure their voices help shape the support they receive.

Celebrating Life and Wellbeing

As we grow older, life brings treasured memories, valuable experiences and opportunities to discover new interests. Every stage of life can offer friendship, joy, learning and new beginnings.

Sometimes, we may also experience loneliness, bereavement, changes in health or difficult times. These feelings are part of being human, and nobody should feel they have to face them alone.

Looking after our mental health is just as important as looking after our physical health. Talking to someone, enjoying a favourite activity, spending time with friends or joining a community group can help us feel happier, more connected and supported.

Every Life Has a Story Worth Hearing

Our experiences, memories and life lessons are valuable. Everyone deserves to be treated with kindness, dignity and respect.

Feeling listened to and understood can make a real difference to our mental health. When we share our concerns, hopes and wishes, we help others understand what matters to us.

Good mental health support begins with listening and recognising each person's individual needs. Community organisations such as Age UK Islington can also help people find connections, information and opportunities to feel part of their community.

A Message of Hope

This World Mental Health Day, let us celebrate life, friendship, kindness and the possibilities that every new day can bring.

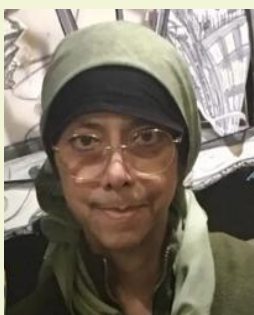
Growing older does not mean giving up on dreams, discovering new interests or finding happiness in everyday moments. Taking care of our mental health, staying connected and asking for support when we need it can help us feel stronger, more hopeful and less alone.

You matter. Your life has meaning. Your story is still being written.

Whatever our age, there can always be reasons to smile, people to connect with and new moments to treasure. We all deserve to feel valued, supported and hopeful, today and every day.

My warmest wishes to everyone celebrating World Mental Health Day 2026. May we continue to care for our mental health, support one another and build a community where everyone feels heard, valued and included.

Mental health matters at every age, hope has no age limit, and every day brings the possibility of something good.



About the author:

Olga Cecilia Farach

Psychologist, MSc Applied Psy, Postgraduate in Mental Health for Children, Adolescents and Families, Researcher, NHS Supporter Working with Communities for Mental Health and Wellbeing at every stage of life.