

Concept Note

World Mental Health Day 2026: Unheard Voices

Official Theme: *Lived Experiences Heard: Real Voices, Real Change*

Date: 9 October 2026

Time: 12:00 noon–2:00 pm

Venue: Near Library Area

Unheard Voices is an interactive campus event proposed to observe World Mental Health Day 2026. Inspired by the official theme, “*Lived Experiences Heard: Real Voices, Real Change*,” the event aims to create a welcoming, safe, and non-judgmental space where students can express emotions, share thoughts, support peers, and learn about available mental-health resources.who+1

The event’s core message is:

Every voice matters. Every experience deserves to be heard.

Objectives

- Encourage students to express their thoughts, emotions, and experiences in safe and meaningful ways.
- Promote empathy, active listening, and peer support within the college community.
- Reduce stigma around mental-health concerns and seeking help.
- Increase awareness about counselling services and available mental-health support.
- Encourage students to share ideas for building a more supportive and inclusive campus.

Proposed Activities

- **Clay Your Feelings:**
A creative corner where students use clay to represent an emotion, a personal strength, a safe space, or what mental wellbeing means to them. This activity provides a non-verbal way for students to reflect and express themselves.
- **Museum of Failures and Gallery for Trying:** A dedicated display space will be created and the space will be divided into 2 sections museum of failures, participants can write or share a experience which they considered a failure.
- **Emotional Check-In Chart:**
An anonymous visual chart inviting students to reflect on the question: “*How are you, really?*” Participants can place a coloured sticker beside emotions such as calm, hopeful, stressed, overwhelmed, anxious, tired, lonely, or unsure.
- **Suggestion Box: Real Change Starts Here:**
Students can anonymously respond to the question: “*What would make our campus more mentally supportive?*” The suggestions can help guide future student-wellbeing activities and initiatives.
- **Interactive Games:**
A ring toss or long-ball activity will engage students through simple mental-health

myth-versus-fact questions, self-care prompts, and messages related to empathy and help-seeking.

- **Speaker Session and Open Mic:**

A brief talk by a mental-health professional, counsellor, faculty member, or student representative will focus on listening without judgement, supporting friends, and seeking help when needed. This can be followed by a voluntary open mic for poetry, music, short reflections, or carefully screened anonymous messages.

Safeguarding Note

Participation in all activities will be voluntary. Students will not be expected to disclose personal information, and anonymous messages will be screened before being displayed or shared publicly. A designated counsellor, trained faculty member, or mental-health focal person should be available during the event to support or guide any student who may need help.

Your story matters. Your feelings matter. Your voice matters.