

Mental Health and Well-Being Service Week

October 4-12th, 2025

Hey California Lions!

Save the date and start planning your service project now as we join service with clubs and districts worldwide to serve awareness

Club partnering/district-wide projects encouraged

Plan event outreach early to maximize community visibility, engage volunteers and community partners

Lions and Leos worldwide are raising awareness, sharing information, and supporting solutions for mental health.

Key Facts

- 700,000 suicides every year (WHO)
- 2% of national health budgets go to mental health (WHO)
- Depression is the leading cause of disability (UN)
- Over 80% of people with mental health disorders live in low- or middle-income countries with limited access to care (WHO)

Service Ideas

- Share WHO and WFMH awareness tools
- Host mindfulness or well-being workshops
- Share your local suicide prevention helpline
- Volunteer at local mental health centers
- Promote Lions Quest in schools
- Visit a retirement home and share a meal
- Organize conversation groups with families of patients (mental health, diabetes, degenerative diseases, teenagers in difficulty)
- Movie screenings for teenagers in hospital
- Private cinema projections for children/teens on the autism spectrum

Resources and more info: lionsclubs.org/mental-health

Brochure: https://cdn2.webdamdb.com/md_g01eglkAmOR83MN0.jpg.pdf?v=1

Share and learn ideas on <https://www.facebook.com/groups/4930344393858289/>

