

Be Part of the Ripple: Join the World's Biggest Mental Health Check-In

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Jacobs is encouraging people to take a few minutes to check in on their wellbeing and encouraging others to do the same. Doing this can help end the stigma of mental health and better support each other to cope and stay well.

Mental health affects us all. In the time it will take you to read this article, one person on average will have chosen to end their own life.

Although mental health remains one of the leading causes of death and disability across the world, too often in society we fail to address it, talk about it or invest in preventing it. No individual company, government or community can end this global pandemic on their own – but by making a stand together we can create a worldwide ripple that causes a sea change in how we approach mental health in society.

On 10 October, Jacobs will lead a global coalition of industry-leading companies in a day of action for positive mental health – The World's Biggest Mental Health Check-In – where we hope to set a world record for the largest number of mental health check-ins in one day.

It's time to act. It's time to be part of the ripple.

You will be able to take a few minutes to check in on your own mental health using an online check-in tool like [One Million Lives](#), [FormScore](#) or [SameHere](#).