



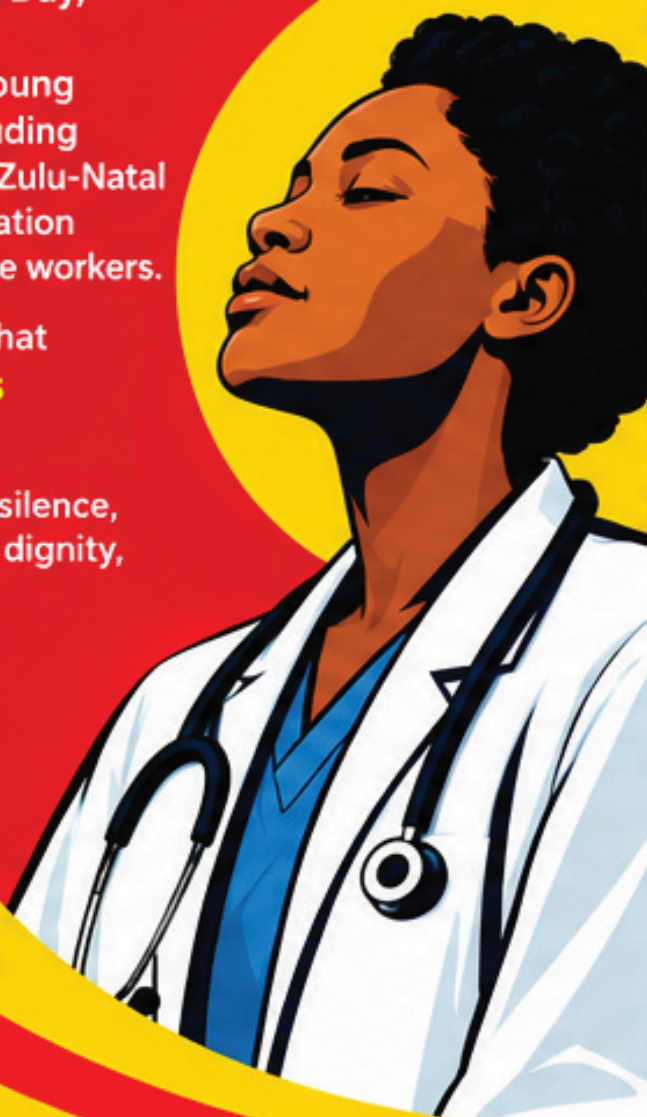
WORLD MENTAL HEALTH DAY

— 10 October 2026 —

This World Mental Health Day, COSATU remembers the healthcare workers and young doctors we have lost, including those whose deaths in KwaZulu-Natal sparked a national conversation on the well-being of frontline workers.

Their passing reminds us that **workers' health includes mental health.**

No worker should suffer in silence, and every worker deserves dignity, support, and safe working conditions.





A HEALTHY WORKER IS A PRODUCTIVE WORKER.

This World Mental Health Day,
COSATU stands with all workers
in breaking the stigma, seeking support,
and creating workplaces that protect
mental well-being.

— 10 October 2026 —





WORKERS' HEALTH INCLUDES MENTAL HEALTH.

COSATU calls on all workers to
speak up, seek help when needed,
and **support one another.**

Together, we can build healthier
and safer workplaces.

— 10 October 2026 —

