



YOUR VOICE, YOUR HEALTH: A KIDNEY COMMUNITY NEWSLETTER

BROUGHT TO YOU BY THE KIDNEY PATIENT ADVISORY COUNCIL OF THE FORUM OF ESRD NETWORKS

EMBRACING MENTAL HEALTH AWARENESS



By Patrick Gee, PhD

October is a time to reflect on our mental well-being as we prepare for autumn. On October 10, we come together to observe **World Mental Health Day** and **Depression Screening Day**, emphasizing that mental health is essential to our collective strength.

World Mental Health Day globally encourages open conversation about emotional resilience, stress management, and support networks. **Depression Screening Day** offers a chance to take a confidential, evidence-based

assessment, because awareness starts with knowledge. Whether navigating challenges of your own or walking alongside loved ones, October's focus on screening and education can catalyze early intervention and healing.

The KPAC is honored to host the second annual **Derek Forfang Webinar on Mental Health** on October 29. This free online event brings together experts and lived-experience advocates
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to explore strategies for maintaining mental equilibrium amid life's pressures as we navigate chronic kidney disease. The webinar promises insights you can carry into every season, from practical tips on building daily self-care routines to deeper discussions about stigma and community resources. It will also break down the stigma of mental health and help us move from fragility to resilience.

As we mark this month, let's actively break down barriers to care. Schedule a screening. Reach out to someone who may be struggling. Join us on October 29 to learn, connect, and reimagine what a resilient community can be. By raising our voices and extending our hands, we transform October from a time of awareness into a movement of compassion,

understanding, and hope for every individual in our patient family and beyond.

Your participation helps destigmatize conversations and build a culture where asking for help is a sign of strength. We look forward to seeing you online and honoring mental health as a vital pillar of overall wellness.



**Join us on October 29 for the FREE
Derek Forfang Webinar at
6pm ET/5pm CT/4pm MT/3pm PT**

**Register today at
<https://tinyurl.com/DFWebinar2025>
or by scanning this QR code**

