



LAN HEALTHCARE INITIATIVE

OCTOBER 2026 NEWSLETTER

Nurturing Minds. Building Healthier Communities.



Creating safe spaces for children and young people to learn, connect and thrive.

INSIDE THIS ISSUE: Mental health spotlight • Project TRY • LANYA • Youth wellbeing • Self-care • Community action

01 | WELCOME TO OCTOBER

A new month offers a fresh opportunity to care for ourselves, strengthen our relationships and create healthier communities. At LAN Healthcare Initiative, we believe mental health is an essential part of everyday life—not something to discuss only when there is a crisis.

Our work is grounded in awareness, compassion, prevention and support. Through conversations in schools and communities, youth-centred activities and public education, we aim to make mental health information easier to understand and help people feel safer seeking support.

MESSAGE FROM LAN HEALTHCARE INITIATIVE

As we enter October, we are reminded that every person has emotional needs and deserves to be heard with respect. Children and young people, in particular, benefit when adults create environments where questions are welcomed, struggles are taken seriously and help is available without shame.

We encourage families, educators, community leaders and young people to keep mental wellbeing part of everyday conversations. Small actions—checking in, listening patiently, challenging stigma and reaching out for help—can make a meaningful difference.

OUR COMMITMENT

To promote mental health awareness, encourage early support, prevent harm and empower children, young people and communities with practical knowledge and compassionate care.

OUR VALUES

Compassion: Listen without judgment. **Awareness:** Share accurate information.

Empowerment: Help people make informed choices. **Community:** Work together for lasting change.

02 | MENTAL HEALTH SPOTLIGHT

Mental health is part of our overall health. It influences how we think, feel, relate to others, make decisions and respond to everyday stress. Everyone has mental health, and anyone can experience difficult periods.

WHEN YOU FEEL OVERWHELMED

Sometimes we feel mentally, physically or emotionally exhausted. This can be a sign that we need rest, support or a change in how we are managing responsibilities. You do not need to wait until things become unbearable before speaking to someone.

Try a few gentle steps:

- Pause and take a few slow, comfortable breaths.
- Break a large task into smaller, manageable steps.
- Protect time for sleep, meals, movement and rest.
- Talk with someone you trust about what you are experiencing.
- Consider professional support if distress persists or affects daily life.

ANXIETY: NOTICE IT, DON'T JUDGE IT

Anxiety can show up as persistent worry, restlessness, tension, difficulty concentrating, changes in sleep or physical discomfort. Anxiety is not a personal failure. If it becomes frequent, intense or difficult to manage, a qualified health professional can help you understand what is happening and explore suitable support.

SUPPORT SOMEONE WHO IS ANXIOUS

Listen calmly. Avoid phrases such as “just stop worrying.” Ask what would feel helpful, offer practical support and encourage professional care when needed.

YOUR HEART AND YOUR MIND

Our World Heart Day content highlighted that physical and psychological wellbeing are connected. Ongoing stress and poor sleep can affect daily health habits, while looking after emotional wellbeing can support a healthier routine. If you have concerning physical symptoms, seek appropriate medical advice rather than assuming they are caused by stress.

03 | INVESTING IN YOUNG MINDS

Children and adolescents are navigating friendships, school expectations, identity, family changes and pressure to fit in. They need accurate information and supportive adults—not shame or silence.

BULLYING AND PEER PRESSURE

Bullying can affect a young person's confidence, sense of safety, school participation and emotional wellbeing. Peer pressure can also influence decisions about behaviour, relationships and substance use.

For students: Speak to a trusted adult if you feel unsafe or pressured. You have the right to set boundaries and make choices that protect your wellbeing.

For parents and teachers: Listen carefully, take concerns seriously, avoid blaming the child and follow appropriate safeguarding procedures.

DRUG ABUSE PREVENTION

Prevention starts with honest, age-appropriate conversations. Young people need to understand possible harms, practise refusal skills, identify trusted sources of support and feel able to ask questions without fear of humiliation.

PERSONAL HYGIENE AND SELF-RESPECT

Our school awareness activities have also explored personal hygiene and its importance during adolescence. Healthy hygiene routines can support physical health, confidence and comfort. Teach these habits respectfully, recognising that access to water, sanitary supplies and other resources may vary.

A MESSAGE TO EVERY YOUNG PERSON

Your feelings matter. Your voice matters. You deserve to feel safe, respected and supported. Asking for help is a strength—not a weakness.

HOW ADULTS CAN HELP

- Make time for conversations without distractions.
- Ask open questions and listen more than you lecture.
- Praise effort, honesty and help-seeking.
- Respond to concerns consistently and calmly.
- Connect young people with appropriate professional or safeguarding support when needed.

04 | OUR PROGRAMMES & COMMUNITY STORIES

PROJECT TRY — THE REAL YOU

Project TRY is a youth-centred mental health programme built around the idea that young people need safe spaces to speak up and be themselves. It brings participants together to discuss life experiences, emotional wellbeing and factors that may affect mental health positively or negatively.

Through conversations, music, social performances, fun activities and therapeutic artwork, Project TRY encourages self-expression, connection and reflection. The goal is to remind young people that their experiences deserve to be heard and that support is available.

PROJECT TRY REMINDER

The Real You deserves to be heard. A supportive conversation can be the beginning of a healthier way forward.

LANYA — LAN YOUNG AMBASSADORS

LANYA celebrates youth participation, confidence, leadership and positive influence. By encouraging young people to contribute to their schools and communities, the initiative supports them in becoming advocates for kindness, wellbeing and constructive change.

THROWBACK: CHILDREN'S DAY MENTAL HEALTH & DRUG ABUSE AWARENESS

In June, LAN Healthcare Initiative brought students together for a Children's Day programme focused on mental health sensitisation and drug abuse awareness, including an inter-school competition. The event created an opportunity to learn, participate and bring important wellbeing conversations into the school environment.

Our appreciation goes to participating schools, teachers, students and everyone whose cooperation helped make the initiative possible. Continued partnership with schools and communities is essential to sustaining this work.

LOOKING AHEAD

We welcome partnerships that strengthen youth mental health education, community awareness, early support and drug abuse prevention. Working together allows us to reach more people and respond more effectively to local needs.

05 | YOUR OCTOBER WELLBEING GUIDE

THE OCTOBER SELF-CARE CHALLENGE

1. **CHECK IN:** Ask yourself, “How am I really doing?” Name the feeling without judging it.
2. **CONNECT:** Reach out to a friend, family member or trusted person.
3. **CARE:** Choose one manageable habit that supports your wellbeing—regular sleep, movement, breaks, journaling or time outdoors.
4. **SET A BOUNDARY:** Where possible, protect time and energy for what matters.
5. **SEEK SUPPORT:** If distress is persistent or affecting daily life, consider speaking with a qualified professional.

QUOTE OF THE MONTH

“You don't have to be strong every day. Give yourself permission to pause, breathe, and seek support when you need it.”

A SMALL ACT OF KINDNESS

This month, check on someone. Listen without interrupting. Share a helpful resource. Encourage someone who is struggling to seek support. We may not always know what another person is carrying, but we can choose to respond with compassion.

IF SOMEONE MAY BE IN IMMEDIATE DANGER

Take any immediate risk of self-harm or harm to others seriously. Stay with the person if it is safe to do so, involve a trusted support person and seek urgent help from local emergency or health services. Do not promise to keep an immediate safety risk secret.

STAY CONNECTED WITH LAN HEALTHCARE INITIATIVE



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Caring • Supporting • Empowering

Promoting mental health and building healthier communities.

Thank you for being part of a community that cares about mental health. Let's keep listening, learning and building healthier futures—together.