



World Mental Health Day 2025 – Better Together 2.0

HSD invites you to a conversation on leadership, wellbeing, and the realities of development work. This year's World Mental Health Day marks the relaunch of the *Better Together* Mental Health and Well-being Strategy - a bold step forward in creating a healthier, more resilient workplace. With WBG senior leadership taking the stage alongside mental health champions, expect powerful dialogue on resilience, psychological safety, and the systems that sustain us.

You'll hear candid perspectives from leaders, gain practical tools, and discover the resources already at your fingertips: from the refreshed Wellbeing App to the Mental Health Hub, counseling services, and peer support networks. Whether you join in person or online, WMHD 2025 is your chance to be part of a flagship event shaping how we care for ourselves and each other at the World Bank Group.

Wednesday, October 8, 2025 | 1:30 pm to 4:30 pm EDT | MC 2-800

Connection details: https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZThhZDU3Y2ltZjYzNy00OTNhLTk2MjYtYWM0MGNmMWY4...

Panel Discussion: Leadership, Wellbeing, and Development Realities

Opening Remarks: [Stuart Fisher](#)

Moderator: [Ranit Mishori](#)

Panelists: [Anna Bjerde](#), [Ayat Soliman](#), and [Wencai Zhang](#)

Partner Spotlight: Domestic Abuse Prevention Program (DAPP)

Domestic abuse deeply affects the workplace, harming employee wellbeing, morale, and company finances. Each year, millions of workdays are lost across the globe because of domestic abuse, costing billions of dollars. Those impacted often deal with stress, anxiety, and low self-esteem, making it hard to focus on work. Some may be harassed by their abuser during work hours or even prevented from coming to work. The effects reach across teams, showing up as missed days, lateness, and increased staff turnover. Warning signs can include unexplained injuries, frequent absences, and changes in behavior. Domestic abuse is not just a private matter - it affects everyone at work.

Speaker: [Gamu Mandangu-Bakasa](#)

Partner Spotlight: Prevention and Health Promotion (PHP)

In our demanding world, stress can take a real toll - on our bodies, minds, and overall well-being. This session explores the power of self-care as a fundamental necessity, not selfishness. We'll discuss how nurturing our physical, mental, and emotional health can empower us to thrive both personally and professionally. Participants will learn to recognize their own needs, embrace practical strategies for self-care, and harmonize the six dimensions of wellbeing - physical, psychological, emotional, social, intellectual, and spiritual. By prioritizing self-care, we not only protect our own happiness and health but also strengthen our ability to support others and fulfill our mission. Join us to rethink self-care, overcome common barriers, and discover resources for holistic support.

Speaker: [Isidora Sasser](#)

Partner Spotlight: WBG Family Network (WBFN)

Work-life balance pressures, relocation stress, and social isolation are among the top mental health challenges identified in the Family Network's 2022 survey of WBG staff and families. In response, the Family Network has expanded programs to strengthen mental and emotional wellbeing across the institution. Join this interactive session to learn about available resources, how to access them, and practical ways to support fellow family members facing similar challenges.

Speaker: [Joel Ssevume](#)