



fondationdiane

**CEEDD**

Chair of « Fondation Diane »  
Education in Eco-Citizenship  
and Sustainable Development



Saint Joseph University of Beirut  
جامعة القديس يوسف في بيروت

10 OCTOBER 2021

# WORLD MENTAL HEALTH DAY



MAINTAINING MENTAL HEALTH BY NOT THINKING  
NEGATIVELY ABOUT YOURSELF IS A GOOD DEED