

the
mentl
awards **2026**

WORLD MENTAL HEALTH DAY · 10 OCTOBER

A LITTLE MORE BREATHING SPACE.

ENTRIES EXTENDED

MONDAY 12 OCTOBER
12 NOON UAE TIME



**GET STARTED WITH
ENTRY STARTER**

Talk for 15 minutes.
Capture your own words.
Shape your entry with your team.



**ALREADY SUBMITTED?
TRY ENTRY STUDIO**

Use our free review tool
for one last look.

mentlawards.com

15 MINUTES TO START. YOUR OWN WORDS.

Book a little time with a colleague. Or begin on your own.

1 Choose your category.

Follow prompts that help you talk about the work you have already done.

2 Record or type your notes.

Entry Starter transcribes your conversation. Check names, numbers and meaning.

3 Keep shaping it together.

Use a private shared link so a colleague can contribute to the same online entry.

Try our free Entry Starter

It captures your words. It does not write your entry.

YOU MAY ALREADY HAVE THE START OF AN ENTRY.

Look for changes you have already made:

Working patterns

Healthier workloads, boundaries or ways of working.

Access to support

A barrier removed so people can get help.

Peer support

People equipped to support each other.

Inclusion

A service or environment made more accessible.

Everyday wellbeing

Support built into an existing routine.

Belonging

A community where people connect and find support.

Explore the entry self-check guide

START WITH WHAT YOU ALREADY HAVE.

You do not need a perfect story to begin gathering the facts.

01 The need

Survey findings, repeated concerns, a service gap or feedback that prompted action.

02 The response

A policy, delivery timeline, training record or an example of support in practice.

03 The change

Uptake, before-and-after measures, follow-up feedback or a permission-cleared story.

These are prompts, not requirements. Use only evidence that reflects your work.

BRING THE HEART. SHOW THE EVIDENCE.

Five useful checks from our judges' guide:

- 1** Explain the need.
Who needed support, and how did you know?
- 2** Make your contribution clear.
What did you do, when and for whom?
- 3** Show what changed.
Separate activity and attendance from outcomes.
- 4** Put results in context.
Give dates, numbers and methods. Explain limitations.
- 5** Show what lasts.
What continues, and what have you learned?

Read what judges look for

Always follow your category's current criteria.

YOUR DRAFT. SUPPORTIVE FEEDBACK.

Entry Studio helps you see where your draft could be clearer or better supported.

Use our free, optional review tool to identify where more explanation or evidence might help.

AI-assisted, reviewed by mentl and private from judges. It does not write your entry or predict an award outcome.

Already submitted? You can use the tool too. Contact us if you need help updating your submission.

Try the free Entry Studio

38 CATEGORIES. ONE SHARED PURPOSE.

For individuals, organisations and initiatives improving mental health and wellbeing.

MENTAL HEALTH HEROES

Advocate of the Year • Empathy in Leadership • Mental Health Champion 2026 • Rise Above

COUNTRY & REGIONAL RECOGNITION

UAE • Saudi Arabia • Qatar • Kuwait • Oman • Bahrain

MENA Guest Entry: Algeria, Egypt, Jordan, Lebanon, Morocco, Palestine, Tunisia and Turkey.

[Check categories and eligibility](#)

ACROSS SECTORS. ACROSS COMMUNITIES.

Category families at a glance:

PEOPLE & PUBLIC SERVICE

Education • HR and talent • Inclusion • Public sector • Frontline support

HEALTH & COMMUNITY

Healthcare • Caring for carers • ESG • Charity / non-profit • Year of the Family

BUSINESS & CREATIVITY

Finance • Financial literacy • Professional services / legal • Technology • Creative • PR

EVERYDAY LIFE & INDUSTRY

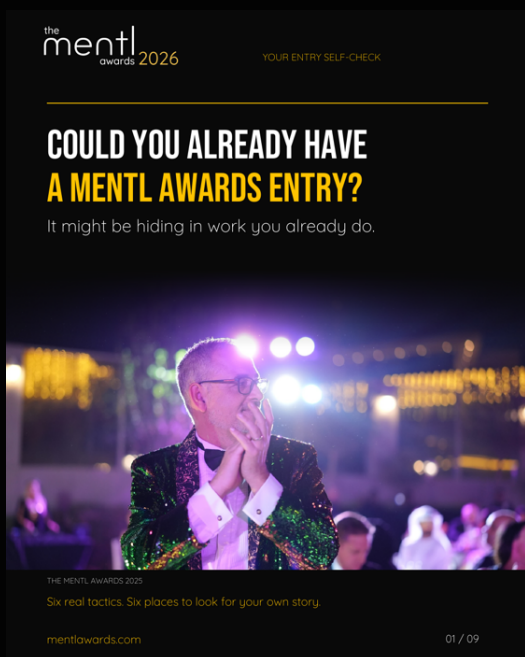
Hospitality / tourism / events • Sports / fitness / wellness • Retail • Energy • Industry / supply chain • Construction / real estate • Mobility / aviation / travel

Explore all 38 categories

Some categories have size divisions. Check the full guide.

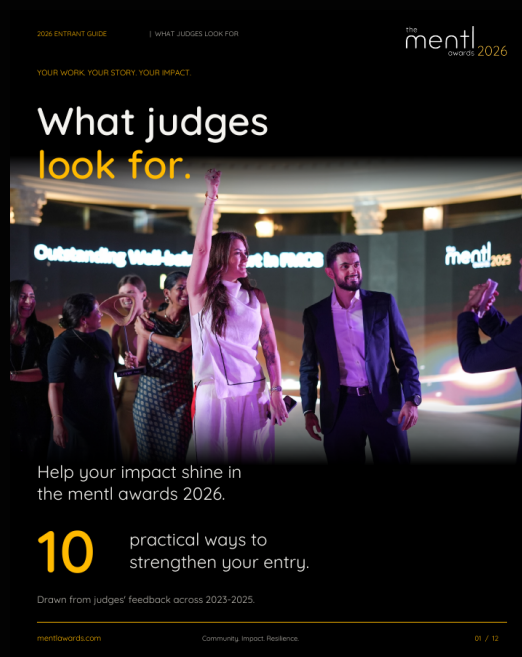
A LITTLE GUIDANCE. A CLEARER NEXT STEP.

Tap a cover to open the full guide.



Could you already
have an entry?

Open guide



What judges
look for

Open guide



All 38
categories

Open guide

The new deadline is 12 noon UAE time, Monday 12 October. Older guides may show the previous date.

A LITTLE MORE TIME. MAKE YOUR WORK VISIBLE.

Celebrate the people building resilience, supporting wellbeing and strengthening communities.

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12 NOON UAE TIME

Start with Entry Starter

Review with Entry Studio

Submit your entry on Award Force

Need support? Contact us through mentlawards.com.