



6-14 October 2018



#qmh #valuementalhealth

[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

Queensland Mental Health Week (QMHW) is an annual event that aims to improve community awareness and interest in mental health and wellbeing across the state.

The theme for 2018 is to **value mental health** with six steps:



Be Active



Keep Learning



Give



Connect



Take Notice



Care

*Host an event!*

There are countless ways to be a part of Queensland Mental Health Week and there is no limit to the size or type of event you can hold. Simply participate in a way that is meaningful to you, your workplace, or your community.

*Grants available!*

Grants of up to \$2,500 (excluding GST) will be offered for organisations to host registered QMHW community mental health awareness events and activities. Grants assist with covering or contributing to costs for events and activities.

To get involved go to: [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

