



Queensland
Mental Health
Week

Take Time for Mental Health

5-13 October 2019
www.qldmentalhealthweek.org.au
#qmhweek | #TakeTime

Funded by



Queensland
Mental Health
Commission

**BE
ACTIVE**

**KEEP
LEARNING**

GIVE

CONNECT

**TAKE
NOTICE**

**CARE
FOR OUR
PLANET**