



**8–16 October 2022**



**Awareness**



**Belonging**



**Connection**



# Get involved in QMHW



**Queensland Mental Health Week** (QMHW) is an annual awareness initiative that shines a spotlight on individual and community mental health and wellbeing.

The theme '**Awareness, Belonging, Connection**' reflects the important factors that help people maintain positive mental health and wellbeing.

Visit [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au) to access resources, register an event, or find information on support services.

## Support is available

Did you know 1 in 5 Australians experience mental illness each year, and almost half of all people will experience issues with mental health in their lifetime?

If you or someone you know needs support, there is help available.

**Lifeline** - 13 11 14 | [lifeline.org.au](http://lifeline.org.au)

**Suicide Call Back** - 1300 659 467 | [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**Kids Help Line** - 1800 55 1800 | [kidshelpline.com.au](http://kidshelpline.com.au)

**ADIS** (alcohol and drug support) - 1800 177 833

Call **Triple 000** immediately if your situation is life threatening.

## Contact us

[info@qldmentalhealthweek.org.au](mailto:info@qldmentalhealthweek.org.au)

PO Box 3205, South Brisbane 4101

#QMHW   

Funded by the Queensland Mental Health Commission, QMHW is coordinated by CheckUP and delivered by a strong cross-sector collaboration.

Artwork: 'Stronger connection creates strong health' by Leah Cummins, Bunya Designs

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