



Queensland  
**Mental Health**  
Week

**7-15 October 2023**



**Awareness**



**Belonging**



**Connection**

**Get involved in Queensland Mental Health Week**

- Host an event
- Find an activity near you
- Download resources
- Seek support



*Funded by*



Queensland  
Mental Health  
Commission

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CHECKUP

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



#QMHW

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