



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



#QMHW

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