



Queensland  
Mental Health  
Week

**5-13 October 2024**

Connect for mental health



SELF



COMMUNITY



OTHERS



NATURE

**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

*Coordinated by*



CHECKUP

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



#QMHW

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