



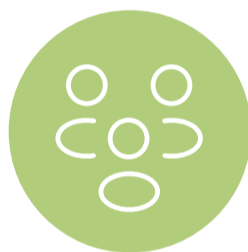
Queensland
Mental Health
Week

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



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www.qldmentalhealthweek.org.au



#QMHW

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