

SEEK SUPPORT

Mental health challenges don't discriminate. If you are experiencing poor mental health, talking to people you trust is a first step, as is seeking professional support.

Focusing on self-care and finding peers who have been through something similar may also be useful.

COUNSELLING SERVICES

Feel like you need some extra support? The below services are free or at the cost of a local call.

Lifeline - 13 11 14

Suicide Call Back Service - 1300 659 467

SANE Australia - 1800 18 7263

Beyond Blue - 1300 22 46 36

Kids Help Line - 1800 55 1800

ADIS (alcohol and drug support) - 1800 177 833

Queensland Health - 13 HEALTH (13 43 25 84)

24/7 FORUMS

Connect with people who understand what you are going through by checking out SANE's free online forums. They're moderated by mental health professionals so all conversations are safe and supportive.

Join the conversation at
qldmentalhealthweek.saneforums.org

CONTACT



qldmentalhealthweek.org.au



info@qldmentalhealthweek.org.au



1300 640 709



@MentalHealthWeek



@qldmentalhealthweek



@MHWeek

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



Queensland
Mental Health
Commission



CHECKUP



Take time

for mental health

10-18 20
OCTOBER 20



Funded by



Queensland
Mental Health
Commission

www.qldmentalhealthweek.org.au

#QMHW #QMHWTakeTime

ABOUT QMHW

Queensland Mental Health Week (QMHW) promotes individual and community mental health and wellbeing, boosts awareness of mental illness, and celebrates the contribution of the mental health and community sectors.

QMHW takes place in the week of World Mental Health Day on 10 October. In 2020, the week will be celebrated from Saturday 10 October to Sunday 18 October.

The QMHW visual identity for 2020 has been developed using the artwork 'Communicate through our strengths' by Aboriginal artist Ailsa Walsh. The artwork has a powerful message about the importance of communication, values and culture to mental wellbeing.



Get healthy



Keep learning

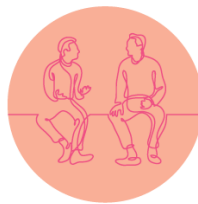


Show kindness

2020 THEME

The theme for 2020 is 'Take Time — for mental health'. When we take time to look after our mental health we are able to improve our resilience and better cope with the everyday stresses of life.

The Queensland Government's Dear Mind campaign encourages Queenslanders to practise simple, everyday mental wellbeing activities from the six building blocks of mental wellbeing. You can create a healthier relationship with your mind by doing activities to Get Healthy, Connect More, Keep Learning, Show Kindness, Take Notice and Embrace Nature. For ideas and inspiration visit qld.gov.au/mentalwellbeing.



Connect more



Take notice



Embrace nature

GET INVOLVED

There are countless ways to get involved in QMHW, including proudly wearing merchandise, hosting or attending an event, and starting conversations on mental health and wellbeing.

You can also take heed of this year's theme and share how you take time for mental health by using the hashtag #QMHWTakeTime on social media during QMHW.

Below are just a few reasons why people should get involved in QMHW!

- ✓ Promote activities that enhance mental, physical, social and spiritual wellbeing
- ✓ Reduce stigma associated with mental illness by raising awareness
- ✓ Provide information about mental health or wellbeing services
- ✓ Celebrate individuals who make your community unique
- ✓ Make connections with partners or the local community
- ✓ Encourage help-seeking and self-care