

Connect for mental health

Nurture and support positive mental health and wellbeing for yourself and your community.



SELF

Connect with self:

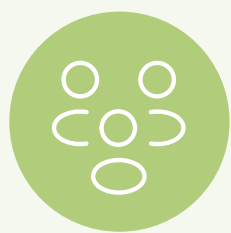
Take care of yourself, do something you enjoy, make healthy choices, and seek help when needed.



OTHERS

Connect with others:

Foster relationships with loved ones, friends, family, and mob. Spend time with others and make meaningful connections.



COMMUNITY

Connect with community:

Be supportive and inclusive, look after one another, and connect with culture. Show kindness and initiate connection with those who are struggling.



NATURE

Connect with nature:

Take a break from technology, spend time outdoors, embrace mindfulness, and take care of the world around you.

If you or someone you know needs help, the following services are available.

If your situation is life-threatening or you're concerned for someone's safety, call 000 for help.

1300 MH CALL:

Mental health access line
1300 642 255

13YARN

13 92 76
13yarn.org.au

Lifeline

13 11 14
lifeline.org.au

Visit the 'Find help' section of the Queensland Mental Health Week website for more services.

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CHECKUP

www.qldmentalhealthweek.org.au

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