How can we Share the Journey?

**AT WORK**
- Include mental health in discussions about workplace health and safety
- Organise wellbeing activities and make them accessible to people
- Consider hosting an event for Mental Health Month
- Have someone to come and talk to your workplace about mental health and wellbeing
- Connect with the WayAhead Workplaces network – a network of likeminded organisations working together to improve mental wellbeing in the workplace.

**IN THE COMMUNITY**
- Host a Mental Health Month assembly
- Include Mental Health Month in your classroom activities – downloads available from the mentalhealthmonth.org.au website
- Support students to put on their own events for Mental Health Month
- Consider hosting a “Share a Meal for Mental Health Month” event on World Mental Health Day
- Ensure that all students and staff know what supports are available at your school
- Challenge ideas and language that may have a negative impact on the way people think about mental ill-health

**AT SCHOOL**
- Host a community event for Mental Health Month
- Think about ways you can connect with people experiencing mental health issues – this could include having quiet spaces or transport options available for community events.
- Make sure that mental health and wellbeing are talked about in your community
- Consider hosting a “Share a Meal for Mental Health Month” event on World Mental Health Day in your community

**WITH FAMILY AND FRIENDS**
- Share a hobby or teach someone something new
- Help people with chores like laundry, cooking or cleaning
- Help others get to appointments, occasions or events
- Organise times to check in with friends and family
- Work with others to plan for difficult situations
- Create a fun challenge you can do together
- Play games together

**in the community**
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- Consider hosting a “Share a Meal for Mental Health Month” event on World Mental Health Day in your community

Need more inspiration? Head to the website for activities, downloads, and more

MentalHealthMonth.org.au

#ShareTheJourney