How can we Share the Journey in the community?

• 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

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

MentalHealthMonth.org.au

#ShareTheJourney

Mental Health Month is run by WayAhead - Mental Health Association NSW and supported by the Mental Health Commission of NSW