Share the Journey
THIS OCTOBER
WITH FAMILY AND FRIENDS
How can we Share the Journey with family and friends?

- Share a hobby or teaching 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

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

MentalHealthMonth.org.au

#ShareTheJourney