How can we Share the Journey at school?

- 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

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.