Share the Journey
THIS OCTOBER
AT WORK
MENTAL HEALTH MONTH
OCTOBER
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. wayaheadworkplaces.org.au

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