



CHECKUP

# Queensland Mental Health Week

Presented by Lisa Maynard, CheckUP

# 10-18 October 2020

- ▶ Queensland Mental Health Week (QMHW) is held in October every year and aims to shine a spotlight on individual and community mental health and wellbeing.
- ▶ Funded by the Queensland Mental Health Commission, the awareness week is coordinated by CheckUP and delivered by a strong cross sector collaboration.
- ▶ Each year, people across the state come together during QMHW through local events, conversations and activities.



# 2020 key messaging

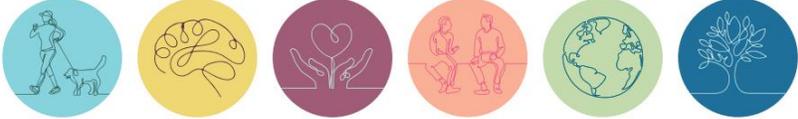
- ▶ The theme is *Take Time — for mental health.*
- ▶ Research shows there are six building blocks to wellbeing.
  - ▶ Get healthy
  - ▶ Keep learning
  - ▶ Show kindness
  - ▶ Connect more
  - ▶ Take notice
  - ▶ Embrace nature



Queensland  
Mental Health  
Week

**TAKE  
TIME**  
for mental health

**10–18 October 2020**



Get healthy    Keep learning    Show kindness    Connect more    Take notice    Embrace nature

"Communicate through our strengths" by Aboriginal artist Ailsa Walsh.

Funded by  
Queensland  
Mental Health  
Commission

[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)  
#QMHW | #QMHWTAKETIME

# Many ways to get involved

- ▶ There are numerous ways both individuals and organisations can get participate.
- ▶ Host an event
  - ▶ Over 120 events have already been registered with a strong mix of virtual and in-person COVID-19 safe activities set to occur.
- ▶ Attend an event
  - ▶ Search the QMHW website for events near you or online sessions.
- ▶ Volunteer at an event



# Many ways to get involved cont.

- ▶ Buy merchandise
  - ▶ Canefields Clubhouse is once again the official QMHW merchandise partner – taking orders, packing and mailing them directly to you.
- ▶ Raise awareness by spreading the word about QMHW in-person and online.
  - ▶ Include information in your next newsletter, update your Intranet site and share on social media.
- ▶ Take time for your own mental health
  - ▶ Take heed of this year's theme and take steps to promote better mental health within yourself.



# Useful resources to download

- ▶ Everything you need to host your own event - event kit, media release template, editable poster, and more.
- ▶ Have a range of social media graphics that you can use when posting about the week.
  - ▶ Ask that you use #QMHW and #QMHWTakeTime when posting on social media.
- ▶ Downloadable information brochure on the week, plus a website banner you can add to your Intranet and email signature



Square Take Time graphic

[> Download](#)



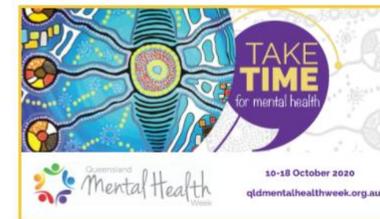
2020 QMHW website banner graphic

[> Download](#)



2020 QMHW trifold brochure

[> Download](#)



2020 QMHW desktop wallpaper (option 1)

[> Download](#)

# Get in touch

- ▶ [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)
- ▶ [info@qldmentalhealthweek.org.au](mailto:info@qldmentalhealthweek.org.au)
- ▶ Follow us on social media!
  - ▶ Facebook @MentalHealthWeek
  - ▶ Twitter @MHWeek
  - ▶ LinkedIn @qldmentalhealthweek

