



Queensland

Mental Health  
Week

# Take time

for  
mental health

9 – 17 October 2021

[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

'Take time - for mental health' by artist Jesse James



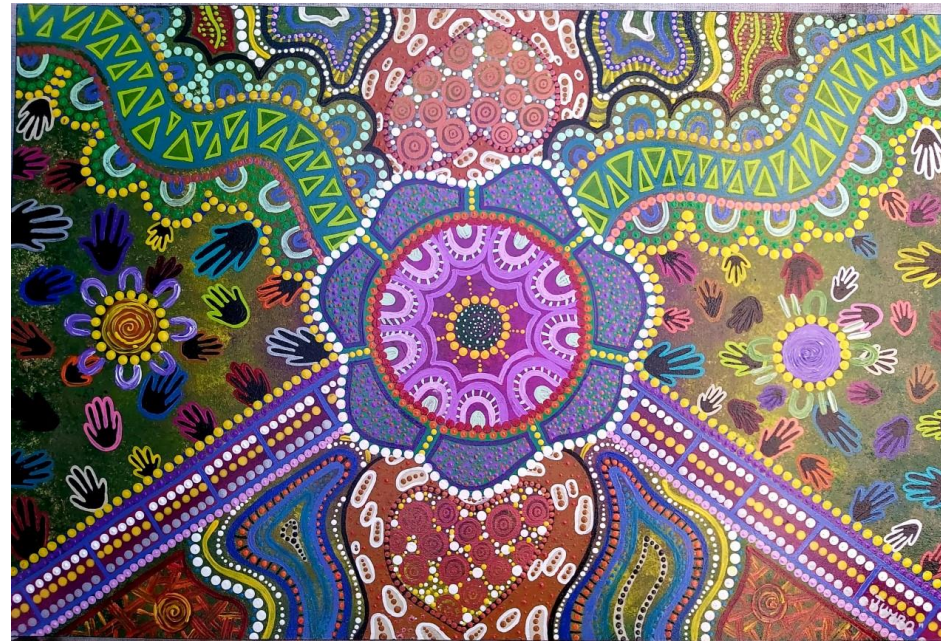
# About the week

- ▶ 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.
- ▶ QMHW takes place in the week of World Mental Health Day on 10 October. In 2021, the week will be celebrated from Saturday 9 October to Sunday 17 October.
- ▶ Each year, people across the state come together during QMHW through local events, conversations and activities.



# Theme and visual identity

- ▶ The theme for QMHW, 'Take time — for mental health', recognises the importance of taking time to engage in activities that boost our mental health and wellbeing, and seeking help when needed.
- ▶ When we take time to look after our mental health and wellbeing we are able to improve our resilience to help us cope better with the everyday stresses of life, and reduce the risk of mental illness.
- ▶ The visual identity has been created using the artwork 'Take time – for mental health' by Townsville artist Jesse James.



# Many ways to get involved



There are numerous ways both individuals and organisations can get participate.

- Host an event
  - Register your public and private events on the QMHW website!
- Attend an event
  - Search the QMHW website for events near you or online sessions.
  - Over 60 events have already been registered with a strong mix of virtual and in-person COVID-19 safe activities set to occur.



# Many ways to get involved

Major events include:

- ▶ Walk for Awareness hosted by the Mental Awareness Foundation
  - ▶ The 11<sup>th</sup> annual Walk for Awareness will be held on Sunday 10 October.
  - ▶ This year you can join in-person at the Brisbane event or virtually from anywhere in the country.
  - ▶ Register now via [walkforawareness.org.au](http://walkforawareness.org.au)
- ▶ Recovered Futures Art Exhibition by Richmond Fellowship Queensland
  - ▶ The exhibition will be hosted in the Toowong Room at Brisbane City Hall from October 9 to 15.
  - ▶ This free event will feature a collection of artwork by artists with a lived experience of mental illness.



# Many ways to get involved

- ▶ Mental Health Forum hosted by Workplace Health and Safety Queensland
  - ▶ The Forum is an opportunity to hear from industry experts as we discuss how we can promote, prevent, intervene early and support recovery when it comes to mentally healthy workplaces.
  - ▶ Tickets are on sale now!
- ▶ QMHW Achievement Awards hosted by Open Minds
  - ▶ The awards ceremony will be hosted at the Brisbane Convention & Exhibition Centre on Friday 15 October.
  - ▶ The Awards recognise and celebrate the achievements of individuals, groups and organisations working tirelessly to reduce stigma and support and empower those living with mental illness.
  - ▶ Tickets will go on sale from September.



# Many ways to get involved cont.

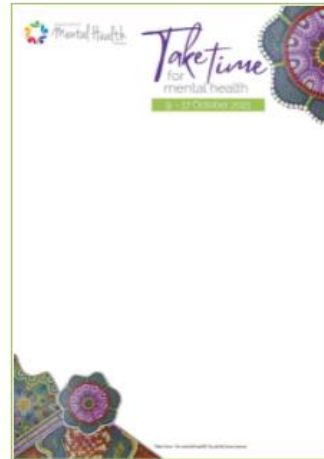
- ▶ Buy merchandise
  - ▶ Canefields Clubhouse is once again the official QMHW merchandise partner – taking orders, packing and mailing them directly to you.
  - ▶ Purchase yours directly from the QMHW website.
- ▶ Raise awareness by spreading the word about QMHW in-person and online.
  - ▶ Include information 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, editable poster, and more.
- ▶ Have a range of social media graphics that you can use when posting about the week.
  - ▶ 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



**Editable event poster**

[> Download Word Document](#)



**Event Starter Kit**

[> Download PDF booklet](#)



**Twitter graphic**

[> Download .jpg](#)



**Instagram post graphic**

[> Download .jpg](#)



# Get in touch

- ▶ [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)
- ▶ [info@qldmentalhealthweek.org.au](mailto:info@qldmentalhealthweek.org.au)
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