



# Take Time for Mental Health

5-13 October 2019



#TakeTime | #qmhwh

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

Queensland Mental Health Week (QMHW) is an annual event that aims to improve community awareness and interest in mental health and wellbeing across the state.

The theme for 2019 is to **take time** with six steps:



## Be Active

Physical activities like walking can positively influence the way you think, feel and function.



## Keep Learning

Our well-being can improve by taking up a new hobby or practicing the piano.



## Give

Practicing random acts of kindness or volunteering time can work wonders for your well-being.



## Connect

Close relationships with friends and family can add up to 7 years to our lives.



## Take Notice

Savouring our surroundings gives us, quite literally, more breathing space.



## Care

Keeping our blue planet in tip-top shape is the best recipe for world well-being.



To get involved go to:  
[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

QMHW is funded by

