

MEANINGFUL CONNECTIONS MATTER

10 10 24

WORLD MENTAL HEALTH DAY



Mental Health Australia

NEED SUPPORT?

Kids Helpline 1800 55 1800

QLife 1800 184 527

Lifeline 13 11 14

13YARN 13 92 76

Lifeline text 0477 13 11 14

Beyond Blue 1300 22 46 36

Carer Support 1800 242 636

Suicide Call Back 1300 659 467

SANE Australia 1800 187 263

MensLine Australia 1300 78 99 78

Open Arms 1800 011 046

Butterfly Foundation 1800 33 4673

SHORT TIPS FOR A MONTH OF MINDFULNESS

01

JOIN US

Write down a positive mental health goal for this month

02 STRETCH IT OUT
Start your day with a 5-minute stretch

03 SENSE CHECK

Connect with your 5 senses and be in the present moment

04 PAUSE

Before posting, ask yourself who might see it and how could it make them feel?

GOOD VIBES

05 Send a kind text to a good friend

TO-DO LIST

06

Write a to-do list for the week ahead to achieve your goals

07 GLAM UP
Wear your favourite outfit today – the brighter the better

09 DIGITAL MEDIA MENTAL HEALTH CARE

Get some support with Apps such as Mello or MOST to get you started on your recovery

10 WORLD MENTAL HEALTH DAY

SHARE YOUR MEANINGFUL CONNECTIONS #WMHD24



08 PRACTICE KINDNESS
Listen to this building kindness meditation



11 GET INFORMED
Check out the resources from ReachOut au.reachout.com



12 FEAST Grab some friends and cook up a feast together

SELF-COMPASSION BREAK

13 Find a quiet place and listen to your favourite music or podcast

RESET 14
Take yourself for a walk or a few deep breaths to reset

15 FURRY FRIENDS

Get some pet cuddles. If you don't have one try to borrow a furry friend

16 JOURNAL
Connect with yourself by writing down what's on your mind

17 Put your favourite song on and shake off any bad vibes
DANCE IT OUT

18 HAVE FUN
Take time today to do one of your hobbies or try a new one

19 Put your screens down for at least 30 minutes before bed

20 SCREEN BREAK
See the #chatsafe advice (@chatsafe_au) for tips on how to control what you see online



21 SCRUB UP
Take a shower and wash off your worries

22 GRATITUDE ATTITUDE!
Write down or think of 3 things you're grateful for

23 SUPPORTIVE CIRCLES
Keep in regular touch with supportive people

24 HELP A FRIEND
Reach out, check-in, be present and listen



25 SCHEDULE WORRY TIME
15 minutes of worry time lets you deal with your troubles

HIGH FIVE
26 Celebrate a small achievement today

27 ME TIME
Grab a hot drink and get lost in a good book

28 OLD CONNECTIONS
Reach out to a friend you haven't talked to in a while and share a funny memory

29 SOCIAL DETOX
Unfollow toxic people and accounts on social media

30 GET OUTDOORS
Go outside and feel the sun, rain or wind on your face

31 FUTURE YOU
Which tips can you keep practicing for good mental health?

worldmentalhealthday.com.au

This is a collaborative project developed with contributions from: ReachOut Youth Ambassadors and Peer Workers Will, Jenna, Kae, Emily May, Henry, Chase, Chaithrali and Maddi, and the research team at Orygen.

orygen

REACHOUT