

WORLD MENTAL HEALTH DAY

10 OCT



Register for
mindful habits
for mental health



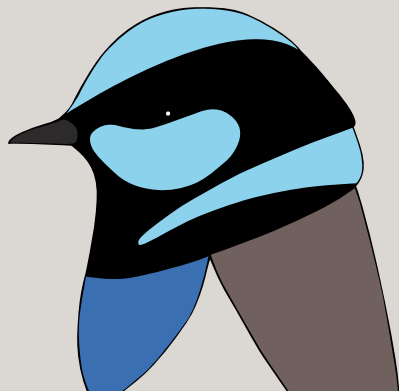
*AWARENESS. BELONGING.
CONNECTION*

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AR Collector Card

Awareness - Superb Fairy-wren



1. Scan the QR code to the right.
2. This will open the Instagram filter.
3. Point your camera at the graphic on the other side of this postcard.
4. He will appear and he's full 3D!
5. Take a photo or video and share using:
#lookafteryourmentalhealthaustralia



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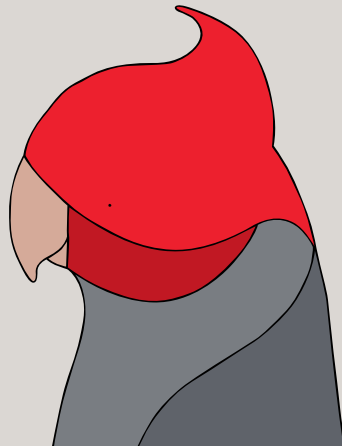
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AR Collector Card

Belonging - Gang-gang Cockatoo



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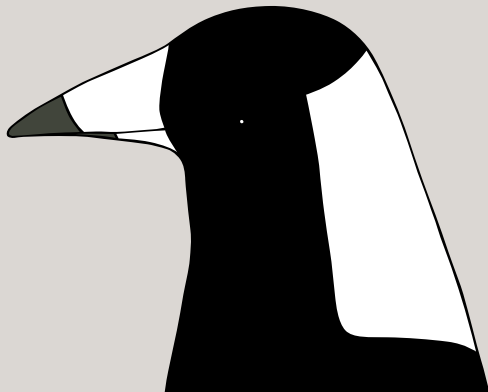


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AR Collector Card
Connection - Australian Magpie



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