



WORLD
MENTAL
HEALTH
DAY

10 OCT

Look after your
mental health,
Australia

AWARENESS. BELONGING. CONNECTION

Show your support for World Mental Health Day
by recording a 60 second video!

We invite partners to create their own video to encourage others to "Look after your mental health, Australia."



What you require...

All you need is your mobile (with good quality camera and sound).

Ensure you film in landscape.

Five steps to record your video...

- ⇒ find a **quiet spot**, you don't want your voice(s) to be drowned out by ambient noise
- ⇒ make sure you've got **good lighting** and keep the light source behind the camera (don't shoot into the sun)
- ⇒ keep the camera **steady**. If you have a tripod, great! If not, try propping your phone or camera on an even surface.
- ⇒ remember to film your video **horizontally** for the best result.
- ⇒ then, upload your [video here](#) and we'll apply the World Mental Health Day graphics and send it back to you for you to approve and share. For some inspiration, take a look at the [videos from past years on our YouTube channel](#).



Make sure to use the tagline

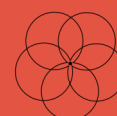
"Look after your mental
health, Australia"

What to say...

- ⇒ Talk about the things you do to look after your mental health.
- ⇒ Try to incorporate this year's theme:
 - **Awareness:** tell us about what you do to boost and maintain your mental wellbeing
 - **Belonging:** show us the people (or pets) that make you feel safe and supported
 - **Connection:** show us the groups, clubs, networks, or services that help keep you happy and healthy.

For more information visit: lookafteryourmentalhealthaustralia.org.au

or call (02) 6285 3100



Mental Health
Australia