

# Partner Pack

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## World Mental Health Day 2022



*AWARENESS. BELONGING.  
CONNECTION*



Mental Health  
Australia

**10 OCT**  
Look after your  
mental health,  
Australia

**WORLD  
MENTAL  
HEALTH  
DAY**

*AWARENESS.  
BELONGING.  
CONNECTION.*

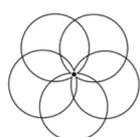
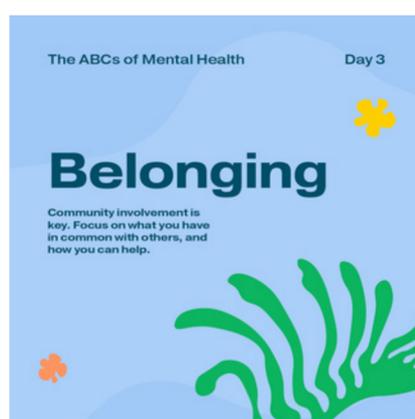
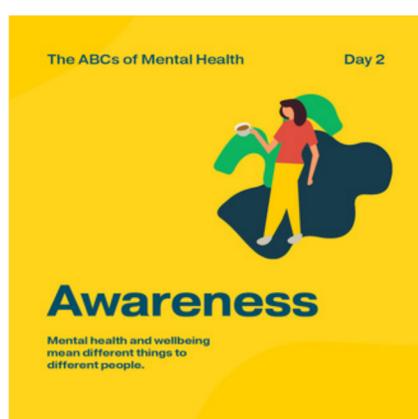
# "Look after your mental health Australia"

## Background

World Mental Health Day – 10 October – is a day for global mental health education, awareness and advocacy. An initiative of the World Federation for Mental Health to raise public awareness of mental health issues worldwide.

Mental Health Australia is delighted to be leading the World Mental Health Day campaign in Australia. As the peak not-for-profit organisation representing the mental health sector in Australia, Mental Health Australia has a focus on ensuring the whole community recognises the part we all play in creating a mentally healthy society.

1 in 5 Australians are affected by mental illness annually, yet many don't seek help because of stigma. During the COVID-19 pandemic, prioritising mental health and wellbeing has been more important than ever. This World Mental Health Day – Monday 10 October – the message is simple: "Look after your mental health, Australia."



# How can you support the campaign?



Make and share a 60 second promotional video, with encouraging mental health tips and advice. Email [info@mhaustralia.org](mailto:info@mhaustralia.org) for more information!



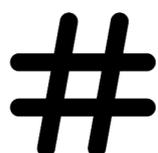
Sign up for Mindful Habits for Mental Health, and invite your friends, family, colleagues and mates to do the same!



Share our digital content far and wide! Remember to tag [#mentalhealthaustralia](#) [#mindfulhabits](#) [#mentalhealth](#) and [#WMHD2022](#)

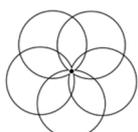


Contribute to our website - send us your own mental health resources for display on [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au) - email [info@mhaustralia.org](mailto:info@mhaustralia.org) for more information!



mindfulhabits  
WMHD2022  
[lookafteryourmentalhealthaustralia](#)  
mentalhealth

@ [aumentalhealth](#)



# Key messages



The focus of our annual initiative for World Mental Health Day 2022 is Awareness, Belonging and Connection



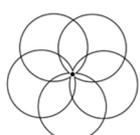
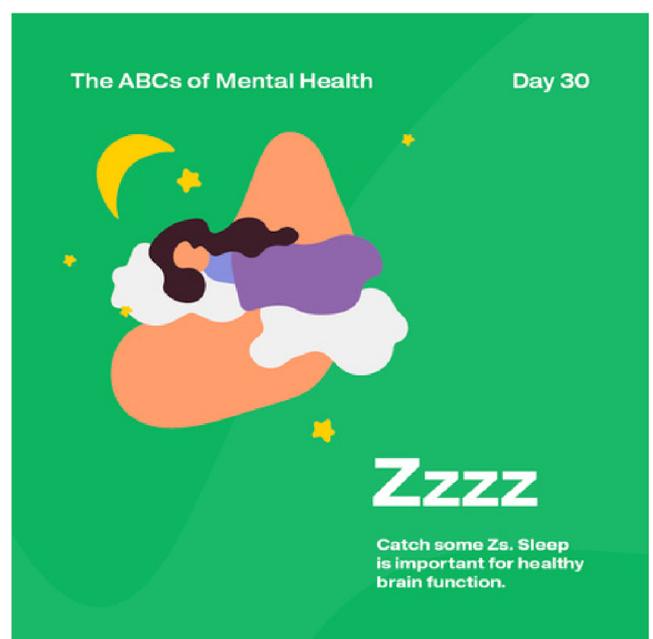
We invite all Australians to sign up, invite their mates and family to register and follow along for mindful habits for mental health this October



Looking after your mental health and wellbeing, and knowing how to support others, has never been more important.



This World Mental Health Day – October 10 – the message is simple: “Look after your mental health, Australia.”



# Mental health tips

## Stay active

Exercise increases wellbeing and helps reduce symptoms of common mental health concerns. Your gym may have closed or your fitness groups may be cancelled, but that doesn't mean you can't exercise! Yoga, Pilates, HIIT routines – all can be done in a relatively small space and with no equipment. Have a search on the internet for free workout videos and guides

## Eat well

Eating a nutritious diet is great for both your physical and mental health. As much as possible, try and stick to a healthy diet even as your activities and environment change

## Connect with others

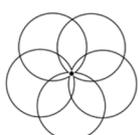
COVID-19 has made connecting with others trickier, but social connection is more important than ever. When many of us face lockdown, physical distancing, and travel restrictions, we may need to rely on technology to talk to our friends and family. Where possible, we can also connect with others by going out for a coffee or meal together, seeing a film, or going to an event. Reach out to your neighbors and community. Share how you're feeling and invite others to share with you.

## Do something you enjoy each day

Do things that make you feel physically and emotionally comfortable, engaging in activities that make you feel safe and calm. Continue to do the things you enjoy as much as possible

## Limit media consumption (and choose trusted sources)

Choose how often you engage with news and social media and be sure to find news sources that are trustworthy and factual. Add in some content that makes you laugh and feel comfortable wherever possible.



# Mental health tips

## Keep to a routine

Keep to your regular routine as much as possible, including exercise, sleep, daily chores, work, recreational activities and connecting with others.

## Get an early night

Prioritise getting enough sleep each night to help you feel more energised and focused during the day. Getting enough rest is the foundation to protecting your mental health.

## Be kind to yourself

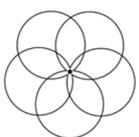
Remind yourself that there is no right or wrong reaction to the uncertainties of the pandemic, or to worrying events. Allow yourself extra grace if your productivity and motivation have been impacted by the changing environment.

## Maintain perspective

While this is an uncertain time, try and view these changes with openness and acceptance. Remind yourself of things you're grateful for and things you've learned.

## Seek help

It's normal to experience anxiety and stress resulting from the pandemic. Talking to trusted friends, family, or your GP can help you through it. There are also many online and telehealth resources available.



# EDM and social media suggestions

## **Newsletter & EDM:**

*1 in 5 Australians are affected by mental illness annually, yet many don't seek help because of stigma. As we enter a new phase of living with COVID-19, prioritising mental health and wellbeing has become more important than ever!*

*This World Mental Health Day – Monday 10 October – the message is simple: "Look after your mental health, Australia."*

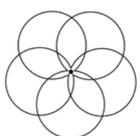
*Visit [lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au) to find out more!*

## **Social media:**

*Prioritising mental health and wellbeing has been more important than ever this year! For #WMHD2022, sign up to create mindful habits for mental health and #LookAfterYourMentalHealthAustralia. Visit [lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au) to find out more!*

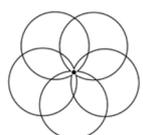
*Life has looked very different for the past few years - but there are still lots of ways to look after your mental health! Invite your mates, family, colleagues to #LookAfterYourMentalHealthAustralia this #WMHD2022. Visit [lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au) to find out more.*

*World Mental Health Day is just around the corner! Check out [lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au) for the A to Z of mental health #WMHD2022 #LookAfterYourMentalHealthAustralia*



# Referral resources

Lifeline	13 11 24
Lifeline Text	0477 13 11 14
SANE Australia	1800 187 263
Suicide Call Back Service	1300 659 467
Beyond Blue	1300 224 636 <a href="http://beyondblue.org.au">beyondblue.org.au</a>
Kids Helpline	1800 551 800 <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>
Butterfly Foundation	1800 344 673
Mensline Australia	1300 789 978
Carer Support	1800 242 636 1300 554 660
QLife	1800 184 527
Open Arms	1800 011 046



# Further information

**Head To Health**  
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)

**Black Dog Institute**  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

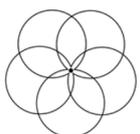
**Headspace**  
[www.eheadspace.org.au](http://www.eheadspace.org.au)

**R U OK?**  
[www.ruok.org.au](http://www.ruok.org.au)

**Reach Out**  
[www.au.reachout.com](http://www.au.reachout.com)

**Embrace Multicultural Mental Health**  
[www.embracementalhealth.org.au](http://www.embracementalhealth.org.au)

[www.lookafteryourmentalhealthaustralia.org.au/need-help/](http://www.lookafteryourmentalhealthaustralia.org.au/need-help/)



# 2022 Calendar



## Mental Health Month October 2022

Everyone has mental health and we can all benefit from looking after our own mental health and the mental health of our communities. Here are some ideas for ways to reflect, have fun, and find connection using the ABC's of mental health and wellbeing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Awareness</b> Mental health and wellbeing mean different things to different people.	2 <b>Belonging</b> Community involvement is key. Focus on what you have in common with others, and how you can help.	3 <b>Connection</b> Build strong support networks and look out for one another.	4 <b>Downtime</b> Today, take some mental downtime. Let your mind wander or daydream.	5 <b>Enjoyment</b> What do you enjoy? How can you do this more often?	6 <b>Friends &amp; family</b> Get in touch with friends and family. Let them know you care.	7 <b>Getting started</b>
8 <b>Goals</b> Setting goals gives a sense of purpose. Write down three things you'd like to achieve.	9 <b>World Mental Health Day</b>	10 <b>Help</b> Seek help when you need it. There are so many resources available!	11 <b>Individual</b> Check in with yourself.	12 <b>Joy</b> What brings you joy? Make a list.	13 <b>Kindness</b> Today is all about random acts of kindness. Focus on ways you can be kind.	14 <b>Check-in</b>
15 <b>Movement</b> Focus on movement that makes you feel good – dance, stretch, jog, etc.	16 <b>Nature</b> Get outside. Feel the sun on your face and the grass under your feet.	17 <b>Others</b> Use available resources to support others. Showing you care can make a big difference.	18 <b>Physical</b> Exercise is great for releasing feel-good endorphins.	19 <b>Questions</b> It's OK to not have all the answers! What are your questions about mental health?	20 <b>Relationships</b> Healthy relationships are an important part of mental health.	21 <b>Love</b> Today is all about love and self-acceptance.
22 <b>Support</b> Know where to go for support, and how to support others.	23 <b>Time</b> Take some time to do something you really enjoy.	24 <b>Understanding</b> Understanding mental health is so important!	25 <b>Vitality</b> What gives you vitality?	26 <b>Walk</b> Get out into the fresh air and move your feet.	27 <b>X-Factor</b> Celebrate what makes you unique.	28 <b>Almost there</b>
29 <b>Zzz</b> Catch some Zs. Sleep is important for healthy brain function.	30 <b>That's a wrap</b>					29 <b>Yoga</b> Yoga is great for practicing mindfulness.

Find out more at [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au)

**WORLD MENTAL HEALTH DAY**  
16 OCT

**Look after your mental health, Australia**

