

Mental Health Month Trail



MENTAL HEALTH MONTH ACT 2022
Awareness Belonging Connection

This October, you are invited to follow the Mental Health Trail: a personal journey to improve your wellbeing and that of those around you.

Complete daily activities to support positive mental health in yourself and our community. You can follow along on social media, our website, the MHM ACT App, or using the calendar on the next page.

Once you have completed all the activities, enter our prize draw and you could win a Wellbeing pack!

Don't forget to share your Trail experiences with us on social media: tag us for more chances to win, and we might even share your posts to inspire others!



@MentalHealthMonthACT

#MentalHealthMonthACT
#AwarenessBelongingConnection

www.MentalHealthMonthACT.org



Mental Health Month ACT is coordinated by the Mental Health Community Coalition ACT (MHCC ACT) with funding from ACT Health and in partnership with WIN Network and Riotact.

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mental health
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