

school-based youth health nurse



Take time — for mental health.

Mental Health Week 9-17 Oct, encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not, and encourages help seeking behaviours, when needed.

This year's theme recognises the importance of taking time to engage in activities that boost our mental health and encourages help-seeking behaviours, when needed.



Take the opportunity this Mental Health week to reflect & understand the importance of your mental health in your everyday lives. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

How can you take time for your mental health?



Get healthy



Keep learning



Show kindness



Connect more



Take notice



Embrace nature

Kirsten Anstey
Centenary SHS, School Based Youth Health Nurse (Mon/Tues)

References:

[Dear Mind | Your Mental Wellbeing \(initiatives.qld.gov.au\)](https://www.initiatives.qld.gov.au/dear-mind-your-mental-wellbeing)

[About Queensland Mental Health Week | Annual Awareness Week \(qldmentalhealthweek.org.au\)](https://www.qldmentalhealthweek.org.au/)