



NT MENTAL HEALTH WEEK

7 - 15 October, 2023

Celebrating our Strengths



Being aware of supports, staying connected and celebrating our strengths all contribute to happiness and good mental health

Get involved!

- Host an event
- Find an activity near you
- Download resources
- Seek support
- Create a staying strong video

www.ntmhc.org.au/mentalhealthweek/
www.facebook.com/NTMHC
#NTMHW2023



NORTHERN TERRITORY
MENTAL HEALTH
COALITION