



2023 NT Mental Health Week

About NT Mental Health Week 2023

Mental Health Week happens **October 7-15** across the NT. The campaign is about increasing awareness and understanding of mental health and wellbeing and reducing the stigma of asking for help. The theme for 2023 is Celebrating Our Strengths.

Get Involved!

- Host an event
- Find an activity near you
- Download resources
- Seek support
- Wear a green ribbon
- Create a *Keeping Strong* video. (Scan QR Code)

We're inviting Territorians to create a SHORT VIDEO about the things in your life and community that keep you strong. Let's remind one another of the many ways we look after our mental health and keep ourselves strong.

Front Cover: Artwork by Darlene Devery, entitled 'Strong Ways'

Find us ↷

 @NTMHC #NTMHW2023
www.ntmhc.org.au/mentalhealthweek



Learn more ↷

Scan QR code or visit our website at www.ntmhc.org.au/mentalhealthweek/video-campaign

