

# NT Mental Health Week

5 - 13 October, 2024

## CELEBRATING OUR STRENGTHS



### Get involved!

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

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

[www.ntmhc.org.au/mentalhealthweek/](http://www.ntmhc.org.au/mentalhealthweek/)  
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