



4th-12th October is Queensland Mental Health Week – QMHW. The theme for Queensland Mental Health Week is Connect for Mental Health .

If you would like to know more about Mental Health Week :

- browse through the resources on the Queensland Mental Health Week website including the excellent resources and links to support services on the 'Find Help' page : www.qldmentalhealthweek.org.au
- have a look at the attached Queensland Mental Health Week brochure which includes information about signs to look out for and support services.

Parents and carers play an important role in their children's mental health and can promote connecting for mental health in the following ways:

Connect for mental health

 SELF	 COMMUNITY	 OTHERS	 NATURE
Connect with self • take care of yourself • do something you enjoy • make healthy choices • seek help when needed	Connect with community • create supportive and inclusive environments • look after one another • connect with culture • show kindness • initiate connection with those who are struggling	Connect with others • foster relationships with loved ones, friends, family, and mob • spend time with others and make meaningful connections	Connect with nature • take a break from technology spend time outdoors • embrace mindfulness • take care of the world around you
Mindfulness Meditation Relaxation exercises Breathing exercises Colouring in Gratitude journal Walking / Dancing Eating healthy food	Hosting events at school Part of a sports club Join local library Volunteer	Walking / chatting with family and friends Playing board games Doing puzzles together Writing a kind message Give a compliment	Gardening Playing outside Picnic outside Eating lunch outside Stargazing Nature walk around the school Lay on the grass, look at the clouds, listen to sounds around you