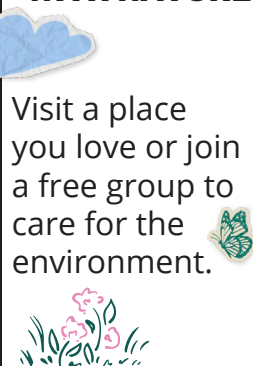
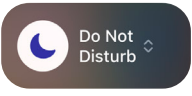
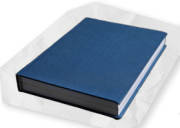


TOGETHER WE THRIVE

OCTOBER 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
YOUR MENTAL HEALTH MONTH STARTS  Mental Health Australia  <i>right here!</i>			START SMALL TOGETHER¹  Create small moments of connection. Try chatting to your barista or say hi to a dog walker.	BE GRATEFUL TOGETHER²  Reflect on something you're grateful for.	MOVE TOGETHER³  Enjoy a walk or a workout.	BOOK IN TIME TOGETHER⁴  Organise a regular catch up with a friend.
LEARN TOGETHER⁵  Learn a new skill.	WORK BETTER TOGETHER⁶  Grab a coffee and check in with a colleague.	TOGETHER WITH FAMILY⁷ Share a memory, express appreciation, or spend time together. 	TOGETHER IN YOUR NEIGHBOURHOOD⁸  Take time to smile or say hi to a neighbour.	GET CREATIVE TOGETHER⁹ Join a creative activity like art, music or dance. 	  WORLD MENTAL HEALTH DAY!¹⁰ Support your wellbeing with Beyond Blue's Wellbeing Action Tool.	GIVE BACK TOGETHER¹¹  Connect with a cause you care about.
TOGETHER WITH NATURE¹² Visit a place you love or join a free group to care for the environment. 	DIGITAL TOGETHER¹³  Join an online group with shared interests or experiences.	SHARE STORIES TOGETHER¹⁴  Listen to someone from a different background or age group.	JOURNAL TOGETHER¹⁵  <i>Tips from Lifeline</i> Journaling can help process emotions and reduce stress.	CREATE BELONGING TOGETHER¹⁶  Organise a meal, games night or outing.	LISTEN TOGETHER¹⁷ Taking time to truly listen can strengthen connection. You don't need to have the answers.	BE KIND TOGETHER¹⁸ Offer a smile, a helping hand, or a kind word to someone (even yourself). 
SHARE A TABLE TOGETHER¹⁹  Have a cuppa, a picnic or meal with someone.	LAUGH TOGETHER²⁰ Share something funny like a cat video or silly moment. 	BE PRESENT TOGETHER²¹  Put your phone away and give someone your full attention.	CELEBRATE TOGETHER²²  Share a moment you're proud of with someone.	PLAY TOGETHER²³  Try a board game, puzzle, or fun activity.	EXPLORE CULTURE TOGETHER²⁴  Attend a local event or try a new cuisine with a friend.	SUPPORT TOGETHER²⁵  Support someone with tips from RUOK.
READ TOGETHER²⁶  Visit your local library, join a book club, or share a book with someone.	JOIN IN TOGETHER²⁷  Sign up for a low-pressure local class, event, or activity.	CHECK IN TOGETHER²⁸  Check out this tip sheet from Black Dog Institute.	RECONNECT TOGETHER²⁹ Reach out to someone you haven't spoken to in a while. 	FIND MEANING TOGETHER³⁰ Share meaningful experiences through culture, spirituality, or community. 	THRIVE TOGETHER³¹ Reflect on what's helped you feel supported this month and keep nurturing those connections.	CONGRATS YOU MADE IT! <i>Well done!</i> 



For more resources visit worldmentalhealthday.com.au

If you are experiencing distress or need mental health support, please contact:
Lifeline: 13 11 14 or lifeline.org.au
Beyond Blue: 1300 22 46 36 or beyondblue.org.au

