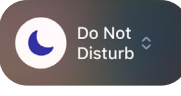


TOGETHER WE THRIVE

OCTOBER 2026

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

