

MENTAL HEALTH WEEK

4 - 10 OCTOBER 2014

Make a Move

TOWARDS BETTER MENTAL HEALTH



Attend an event



Plan an activity



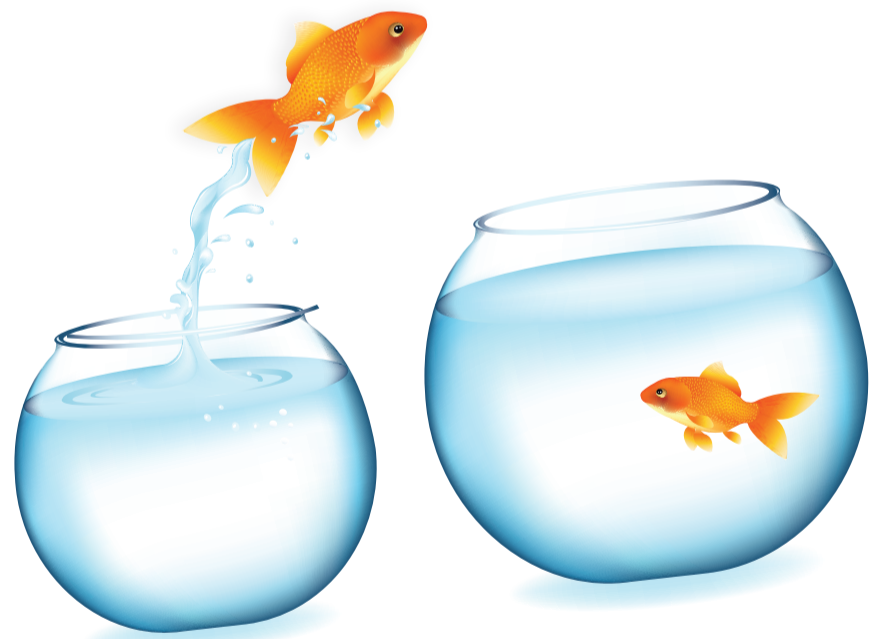
Reach out to others



Spread the word



Take care of yourself



mhw.waamh.org.au

 twitter.com/TheWAAMH

[#mentalhealthweek](https://twitter.com/mentalhealthweek)



WAAMH

Western Australian Association
for Mental Health



Government of Western Australia
Mental Health Commission