



MENTAL HEALTH MONTH^{ACT}

SUGGEST A THEME

**Can your school propose a theme
for Mental Health Month 2019?**

Does your school aim to promote
positive mental health and wellbeing?

**We are currently looking for theme suggestions
for Mental Health Month in the ACT for 2019!**

If your school is based in the ACT and has a theme
idea you would like to propose, please visit our
website to find out more and submit your idea.

www.mentalhealthmonthact.org/theme

Follow Mental Health Month ACT



MHM ACT is coordinated by MHCC ACT



mental health
community coalition ACT