

Guidance 'Go-2' with Kate Miles and Sharon Coyne



4th – 12th October 2025

The Queensland Mental Health Week (QMHW) theme, **Connect for mental health**, emphasises the proactive measures we can adopt to nurture and support positive mental health and wellbeing for ourselves and our communities.

This QMHW, we want to encourage everyone to come together for mental health, foster connections, and enhance inclusivity for those living with mental health challenges, their families, carers, and support people.

Connect for mental health



SELF



COMMUNITY



OTHERS



NATURE

Connect with self

Take care of yourself, do something you enjoy, make healthy choices, and seek help when needed.

Connect with community

Create supportive and inclusive environments, look after one another, and connect with culture. Show kindness

and 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, and take care of the world around you.

Check out the link to some awesome resources such as:

Affirmation cards; https://www.qldmentalhealthweek.org.au/wp-content/uploads/2025/05/QMHW-affirmation-cards-on-A4_2025.pdf

Book marks; https://www.qldmentalhealthweek.org.au/wp-content/uploads/2025/05/QMHW-affirmation-cards-on-A4_2025.pdf

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