



Look after your mental health, this October

October is Mental Health Month and as part of the 2020 World Mental Health Day campaign, Mental Health Australia is encouraging everyone to make a promise to “Look after your mental health, Australia.”

It is a call to action for the one in five Australians affected by mental illness annually, and for the many more impacted by the current COVID-19 pandemic, and the increased uncertainty and anxiety that has ensued.

The more individuals and organisations who commit to promoting mental health awareness this month and support the campaign, the more we reduce the stigma surrounding mental ill health and play our part in creating a mentally healthy community.

Mental Health Australia CEO Dr Leanne Beagley said there are a host of activities planned to celebrate the month, and World Mental Health Day on Saturday 10 October, starting with a calendar with something to do each day to look after your mental health and wellbeing.

“This year we have seen an increased focus on the mental health of our communities, and rightly so,” said Dr Beagley.

“We are continually breaking down stigma by talking about our mental health, and focussing on it during these uncertain times, but as well as talking about it, we need to act, and that action can start with making a promise to yourself to look after your mental health.”

“Looking after your mental health can mean different things for different people, but the whole idea of the World Mental Health Day campaign is to raise awareness around some of the more common things that can work, as well as encouraging people to seek help if they need it.”

“The October Mental Health Month calendar is a great way to start, and includes an action each day around looking after your mental health. It might be taking time out, eating well, sleeping well, showing gratitude, connecting with a friend or family member, or simply watching your favourite movie or getting dressed in your Sunday best... on a Monday.”



To join in the campaign to reduce stigma you can download the Mental Health Month calendar for October [here](#) or make, and share, a #MentalHealthPromise at www.lookafteryourmentalhealthaustralia.org.au

And remember:

“Look after your mental health, Australia.”

Mental Health Month
October 2020

10 OCT
WORLD MENTAL HEALTH DAY

Mental Health Australia

Look after your mental health, Australia.

Try these suggested activities to connect with others, have a bit of fun, and look after your mental health during October! #Lookafteryourmentalhealthaustralia

MON	TUE	WED	THUR	FRI	SAT	SUN
05 Aim to be in bed at an early hour – challenge yourself to do this for the rest of the week	06 Hand write some cards and send them to people you care about	07 Call a friend or family member	01 Pick a fun book and read it throughout the month	02 Send a kind message to a friend or family member (challenge yourself to send one message a day!)	03 Bake something you've never tried to before.	04 Go for a walk around your neighbourhood
12 Drop a note into your neighbour's letterbox, letting them know you're around if they need anything	13 Try a new exercise like yoga, running or HIIT – challenge yourself to do it three times this month	14 Put on your favourite song and sing along loudly – dance around!	08 Cook your favourite meal for dinner	09 Wear some odd socks and post a photo of them on social media #OSD2020	10 WORLD MENTAL HEALTH DAY Make a promise to look after your mental health	11 Take a break from social media and the news – challenge yourself to go the whole day
19 Watch your favourite movie	20 Clean up your bedroom, light some candles and read some of your book	21 Invite a friend over for a meal/video chat with them over a meal	15 Donate some clothes and/or items from around your house that could benefit others	16 Take a photo of something beautiful and send it to a friend with a kind message	17 Video chat a friend or family member, or have a cup of tea in person if you can	18 Go for a long walk and listen to a podcast you like, or try a new one
26 Get dressed in your favourite outfit	27 Sit outside for a little bit and soak up the sun	28 Watch an episode of your favourite TV show – recommend the show to a friend	22 Make an effort to compliment/thank the people you interact with	23 Leave a positive review for a local restaurant/shop or somewhere you frequent in your area	24 Do something creative, like drawing, colouring or writing a story – just for you!	25 Call a trusted friend and tell them how you've been going, and invite them to do the same
			29 Think of three people you are thankful for – then tell them!	30 Write down 5 things you are grateful for... then 5 more... then 5 more!	31 Make a list of the things you enjoyed doing this month – and do them again next month!	

Find out more at www.lookafteryourmentalhealthaustralia.org.au

Media Contact: Lachlan Searle – 0488 076 088

Alternative Contact: Anna Siddall – 0488 771 874

