

# Mental Health Month 2020



Each October, Mental Health Month gives us the opportunity to raise awareness of mental health and wellbeing. It is celebrated across NSW, the ACT and Victoria, and is a chance to promote activities and ideas that can have a positive impact on our daily lives and the lives of others. These events and messages are tied together with a specific theme, and this year's is "Tune In".



## TUNING IN MEANS BEING PRESENT

It means being aware of what is happening within you, and in the world around you.

Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.



Monday 12	Tuesday 13	Wednesday 14	Thursday 15 MIND YOUR CREATIVITY competition launch 	Friday 16 HOPETOWN RADIO LAUNCH 
Monday 19  ONE FOOT FORWARD	Tuesday 20	Wednesday 21  GOURMET SANDWICH ORDERS	Thursday 22 HOPETOWN TRIVIA COMPETITION 	Friday 23 WEAR IT PINK OR BLUE  HOPETOWN RADIO
Monday 26  HOPETOWN ORIENTEERING	Tuesday 27	Wednesday 28	Thursday 29  STUDENT MUSIC PERFORMANCE	Friday 30 PRIMARY HALLOWEEN  HOPETOWN RADIO