

# HEY, YOU'RE PART OF THIS COMMUNITY!

Join us for this 2018 Mental Health Week event and learn about small steps we can all take to promote mental wellbeing in our communities.

What .....

When .....

Where .....

More info .....

**WA  
MENTAL  
HEALTH  
WEEK**

7-14 October 2018



Government of Western Australia  
Mental Health Commission



WAAMH  
Western Australian Association  
for Mental Health

[www.mhw.waamh.org.au](http://www.mhw.waamh.org.au)

#mentalhealthstartshere  @MentalHealthWeekWA  @MentalHealthWeekWA