



S FOR SPEAK

Talk to your loved ones about their mental wellbeing, check in with friends and colleagues. A cup of tea, or a scenic walk can be good to get conversation flowing.

**TAKE A
STAND**



T FOR TAKE CARE

You cannot pour from an empty cup, this week is a great time to take stock and check in with yourself and your own mental wellbeing.

**TAKE A
STAND**



A FOR ACCOUNTABILITY

**Mental Health Awareness Week
is about challenging stigma,
understanding disparities and
learning how to hold
decision-makers to account.**

**TAKE A
STAND**



N FOR NOVELTY

Getting active for Mental Health Awareness Week is easy, but long-term support matters most. Mental health affects us all, so we must look after it.

**TAKE A
STAND**



D FOR DEVOTE

Change happens when people commit to a cause bigger than themselves. Support organisations like the Take A Stand Campaign through donations, volunteering, or amplifying the message to turn awareness into action.

**TAKE A
STAND**