



DO YOU SEE WHAT I SEE?

See beyond the stigma and
make mental health more visible.

VISIT 1010.ORG.AU

10 OCT
WORLD MENTAL HEALTH DAY

Mental Health
Australia

DO YOU SEE WHAT I SEE?

One in five Australians are affected by mental illness annually, yet many don't seek help because of stigma. Promise to make mental health more visible this **World Mental Health Day on 10 October.**

VISIT 1010.ORG.AU TO:

1. Make your **#MentalHealthPromise**
2. Hold or attend an event
3. Help reduce stigma and find out where to seek help

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Need help now? Call Lifeline on 13 11 14


