

Have a real-life check-in



Ask a friend how they're going – and take time to listen.

Mental Health Month Challenge

Each task demonstrates that a little connection goes a long way to contribute to our wellbeing.

Which ones will you do?



A Be Kind shout-out

Acknowledge something someone did well, out loud or in a message.

A little
Connection
goes a long way

Use a warm wrap up



Finish conversations with a compliment, a memory of something fun or something you're both looking forward to.

Kids Helpline: 1800 551 800
kidshelpline.com.au

headspace: 1800 650 890
headspace.org.au

ReachOut: ReachOut.com



Organise a walk and talk

Go for a walk with a friend and have a proper catch-up

Please note: Reach out to someone (teacher, parent/carer, trusted adult) if you are worried about a friend. Encouraging help seeking is one way we can care for others.

Mental Health Month 2026

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