

MENTAL
HEALTH
MONTH
OCTOBER

We
all have a
role to
play

SELF
CARE

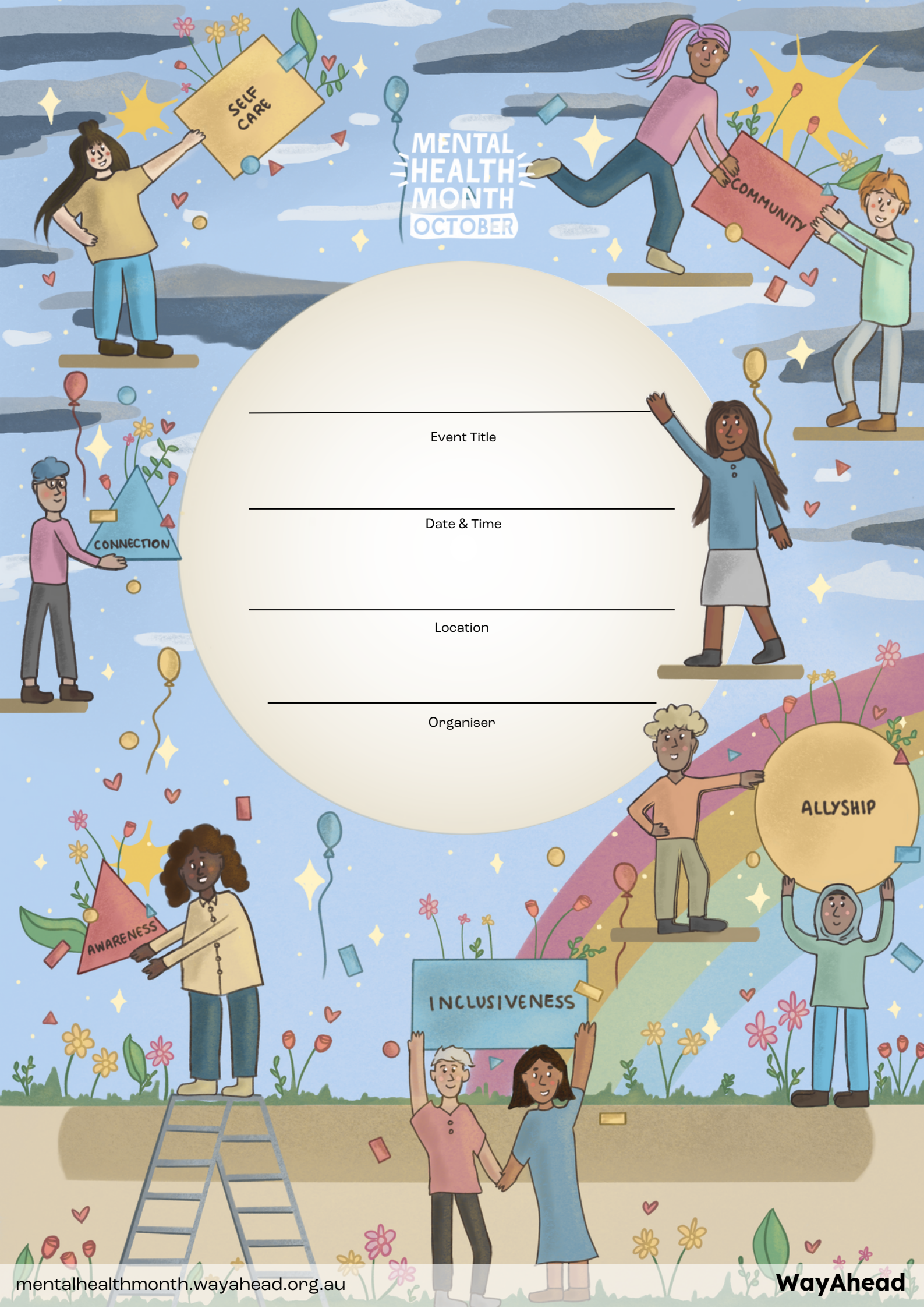
COMMUNITY

CONNECTION

ALLYSHIP

AWARENESS

INCLUSIVENESS



MENTAL
HEALTH
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Event Title

Date & Time

Location

Organiser