



Mental Health Week

Mental Health Week
TASMANIA

2025

In Tasmania, Mental Health Week will run from 4 to 12 October. It's a time when people all around Australia do activities that help us feel good and support our mental health.

The theme this year is: "Appreciate the little things." This means taking time to notice and enjoy small things that make us feel happy—like a smile from a friend, a walk outside, or a kind word.

Mental Health Week is a chance for schools, workplaces, and communities to:

- Learn more about mental health
- Talk openly about how we feel
- Support each other
- And help reduce the stigma around mental illness.

Events and activities will be held across the state, learn how you can be a part of it below:

<https://mhct.org/mentalhealthweek>