



Be Mentally Healthy Every Day!



Begin your wellbeing journey today.

We're excited to invite you to join Be Mentally Healthy Every Day.

Join our five-week Be Mentally Healthy Every Day program starting September 9th.

Week 1: Be Present

Acknowledging both R U OK? Day and World Suicide Prevention Day.

Learn the importance of supporting ourselves and others and how to engage meaningfully.

Week 2: Be Connected

Learn how to foster better relationships and the significance of connection.

Week 3: Be Balanced

Learn the art balancing your finances, your body and mind.

Week 4: Be Yourself

Learn how to bring your authentic self every day.

Week 5: Be Well

Acknowledging World Mental Health Day. Learn how to set boundaries, gain positive habits, and flourish.

Whether you're looking to enhance your mood, learn some practical tips or learn how to prioritise self-care, our 5-week program has something for everyone.

Participating is simple.

All content is delivered each week through Wellbeing Gateway.

If you haven't registered yet, register today.



Scan the QR code to register today or visit wellbeinggateway.com