

MENTAL HEALTH WEEK 2012

PRESENTS

# CELEBRATE

## CONNECT

## GROW

**CELEBRATE** THE GOOD TIMES AND THE STRENGTHS AND VALUES THAT GOT YOU THROUGH THE TOUGH TIMES.  
**CONNECT** WITH OTHERS. PAY ATTENTION TO YOUR CLOSE RELATIONSHIPS AND REACH OUT AND MAKE NEW FRIENDS.  
**GROW** BY EXPANDING YOUR HORIZONS AND TRYING SOMETHING NEW THAT CREATES MEANING AND PURPOSE FOR YOU.  
FOR MORE IDEAS GO TO [WWW.DHHS.TAS.GOV.AU/MENTALHEALTH](http://WWW.DHHS.TAS.GOV.AU/MENTALHEALTH)

STATEWIDE AND MENTAL HEALTH SERVICES ACKNOWLEDGE THE WORK OF THE MENTAL HEALTH ASSOCIATION NSW IN THE DEVELOPMENT OF THE MENTAL HEALTH WEEK 2012 THEME.

