

## Media release



### COOMBABAH STATE SCHOOL



*Invite you to celebrate Wellbeing – THEME –  
Respecting Self, Respecting Others*

**THURSDAY 12 OCTOBER 12-5PM SCHOOL HALL**  
**Queensland Mental Health Week: 8-14 October 2017 EXPO**

**WHO?** Educators, Interagency Professionals, Parents/Carers, Friends and the wider community.

#### Why get involved in?

1. **See what support** is available
2. **Reduce stigma** associated with mental illness
3. **Get information** about mental health or wellbeing services
4. **Celebrate with individuals/agencies** who make your community unique
5. **Make connections** with people in our local community
6. **Listen to HOT TOPICS** – helping each other in our community

This event is part of Queensland Mental Health Week 2017, the goal of which is to:

- Promote the importance of mental health and wellbeing and
- Look at/have access to over a dozen display tables with community support information.

**DID YOU KNOW:** Mental ill-health can affect anyone? About half of all Australian's experience mental illness in their lifetime, and about one in five Australians experience a mental health issue in any one year.

We look forward to seeing you here at Coombabah State School Hall – to see what resources & services are available for you and your children. **NO PRE REGISTRATION REQUIRED.**

#### Event contact details:

**Jessica Kane** - Guidance Officer  
**Coombah State School** | Mon- Thurs  
164- 172 Oxley Drive | Coombabah | Qld 4212  
South East Region | DET  
E: [jkane7@eq.edu.au](mailto:jkane7@eq.edu.au)  
T: 07 55013888



[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

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Mental Health Week

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