



Share a moment

Join in our Mental Health Month campaign.

Did you know that 2 in 5 Australians experienced loneliness at least some of the time in the previous week?

Social isolation can affect our mental health in quiet ways, but a quick chat, a shared cuppa, a walk together, or simply checking in can help someone feel seen, heard and less alone.

For the month of October (and beyond):

- take part in the 30 day challenge - small, everyday actions that help people feel **noticed, included and connected**.
- scan the QR code and explore the campaign page on our website to find out more.
- follow Footprints on social media - like, comment and share our posts, to share the connection.

