



MENTAL HEALTH MONTH

OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 • SWIM FOR MENTAL HEALTH • PLAY FREE SPORT	2 • FREE REFORMER PILATES x2 • PLAY FREE SPORT	3	4	5 • WHALE WATCHING • HIKE FOR MENTAL HEALTH	6
MID-SESSION RECESS						
7 • PUBLIC HOLIDAY	8 • BEND & SNACK • SWIM FOR MENTAL HEALTH • PLAY FREE SPORT	9 • WELLNESS WEDNESDAY • BREAKY BAR • FREE BODY BALANCE CLASS • PLAY FREE SPORT	10 <i>Mental Health Fest</i> • BEND & SNACK • CREATIVE COOKING	11	12	13
14 • CRAFTERNOON	15 • BEND & SNACK • SWIM FOR MENTAL HEALTH • PLAY FREE SPORT	16 • WELLNESS WEDNESDAY • BREAKY BAR • FREE REFORMER PILATES x2 • PLAY FREE SPORT	17 • BEND & SNACK • OUTDOOR MOVIE NIGHT	18	19	20
21 • CRAFTERNOON	22 <i>Stress Less Week</i> • BEND & SNACK • SWIM FOR MENTAL HEALTH • PLAY FREE SPORT	23 <i>Stress Less Week</i> • WELLNESS WEDNESDAY • BREAKY BAR • FREE BODY BALANCE CLASS • PLAY FREE SPORT	24 <i>Stress Less Week</i> • BEND & SNACK • BREAKY AFTER DARK	25 • END OF SEM PARTY	26	27
28 • CRAFTERNOON	29 • SWIM FOR MENTAL HEALTH • PLAY FREE SPORT	30 • WHITE CEDAR GARDEN WORKING BEE • FREE REFORMER PILATES x2 • PLAY FREE SPORT	31			
STUDY RECESS						

MENTAL HEALTH MONTH DETAILS:

FOR ALL DETAILS ON TIMES AND LOCATIONS OF MENTAL HEALTH MONTH EVENTS AND ACTIVITIES, PLEASE SCAN THE QR CODE OR, HEAD TO THE UOW PULSE WEBSITE [PULSE.UOW.EDU.AU/WHATS-ON/](https://pulse.uow.edu.au/whats-on/)



ONGOING SUPPORT:

THE UOW 24-HOUR WELLBEING LINE IS HERE TO HELP ONSHORE UOW STUDENTS AT ANY AUSTRALIAN CAMPUS. IT'S FREE, CONFIDENTIAL, AND AVAILABLE 24/7, EVEN ON PUBLIC HOLIDAYS.

IF YOU'RE AN ONSHORE STUDENT AT ANY UOW CAMPUS IN AUSTRALIA, YOU CAN CALL THIS LINE FOR SUPPORT IF YOU'RE FEELING STRESSED, DISTRESSED, HELPLESS, OVERWHELMED, OR IF YOU NEED ASSISTANCE FOR SOMEONE ELSE WHO IS EMOTIONALLY DISTRESSED. FOR MORE INFORMATION, SIMPLY SCAN THE CODE PROVIDED.



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Wellness
BY PULSE

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